

Sample Language for ENGAGING CONTRACTED INSTRUCTORS

In Your Let's Go! Efforts

Contracted instructors like yoga teachers, art teachers, tutors, and others, can expand the variety of quality programming available to kids in out-of-school programs. To ensure consistency in your healthy eating and active living messages and practices, use the sample language below when forming contracts with instructors.

As a part of our efforts to improve health and wellness, our program participates in Let's Go!, a nationally recognized program based out of The Barbara Bush Children's Hospital at Maine Medical Center. Let's Go! helps to create healthier environments in schools, child care and out-of-school programs, health care practices, workplaces, and communities—the places where kids and their families live, learn, work, and play. Let's Go! is centered around the common message of 5-2-1-0:



Through our participation with Let's Go!, we are working hard to improve our environment to support the 5-2-1-0 behaviors. We expect that all program staff, including contracted instructors, will commit to Let's Go!'s 5 priority strategies:

1. Limit unhealthy choices for snacks and celebrations; provide healthy choices.
2. Limit or eliminate sugary drinks; provide water.
3. Prohibit the use of food as a reward.
4. Provide opportunities to get physical activity every day.
5. Limit recreational screen time.

The 5-2-1-0 Goes Out-of-School Toolkit contains tools and resources to help you implement these strategies. We have a hard copy here and the full toolkit is available online at www.lets-go.org. Thank you for joining us in our commitment to healthy kids!