

Letter to Families Announcing

# A NEW **PARTNERSHIP**

Date:

Dear Families:

We are pleased to announce that we have teamed up with Let's Go!, a nationally recognized program based out of The Barbara Bush Children's Hospital at Maine Medical Center. Let's Go! is helping create healthier environments in schools, child care and out-of-school programs, health care practices, workplaces, and communities—the places where children and their families live, learn, work, and play. Let's Go! is centered around the common message of 5-2-1-0.

**5** or more **FRUITS & VEGETABLES**  
**2** hours or less of **RECREATIONAL SCREEN TIME**  
**1** hour or more of **PHYSICAL ACTIVITY**  
**0** sugary drinks, **MORE WATER**

As a part of Let's Go!, we will be working hard to improve our nutrition and physical activity environment and adding the 5-2-1-0 behaviors into our daily activities. As part of our work, you may hear your child talking about 5-2-1-0. Don't hesitate to get involved or ask what we are working on.

For more information about 5-2-1-0 Let's Go!, visit [www.lets-go.org](http://www.lets-go.org), or contact the Let's Go! staff at 662-4422 or [info@lets-go.org](mailto:info@lets-go.org).

Sincerely,



get involved  
**help out**  
ask questions