

## STRATEGY 6: Participate in Local, State and National Initiatives that Support Healthy Eating and Active Living

# how to implement

**Bring fresh ideas and resources to your Let's Go! work when you participate in other initiatives that support healthy behaviors.**

**Bolded items** mean there is a supporting handout in this section!

### Get involved with one of these excellent initiatives:

- Farm to School [www.farmtoschool.org](http://www.farmtoschool.org)
- WinterKids Guide to Outdoor Active Learning [www.winterkids.org](http://www.winterkids.org)
- Let's Move Active Schools [www.letsmoveschools.org](http://www.letsmoveschools.org)
- Fuel Up to Play 60 [www.fueluptoplay60.com](http://www.fueluptoplay60.com)
- Safe Routes to School [www.saferoutestoschools.org](http://www.saferoutestoschools.org)
- HealthierUS School Challenge: Smarter Lunchrooms [www.fns.usda.gov/hussc/healthierus-school-challenge-smarter-lunchrooms](http://www.fns.usda.gov/hussc/healthierus-school-challenge-smarter-lunchrooms)
- Team Nutrition [www.healthymeals.nal.usda.gov](http://www.healthymeals.nal.usda.gov)
- Smarter Lunchrooms [www.smarterlunchrooms.org](http://www.smarterlunchrooms.org)

### Use national healthy observations:

- **Use Healthy Dates to Celebrate** to enhance your curriculum.

here **there** and  
**everywhere!**

MaineHealth  
**LET'S GO!**  
5-2-1-0

