

STRATEGY 8: Partner with and Educate Families in Adopting and Maintaining a Lifestyle that Supports Healthy Eating and Active Living

how to implement

Partnerships with families promote consistent messaging about healthy lifestyles and can influence the home environment. Here are some ways to bring families into the fold!

Bolded items mean there is a supporting handout!



Partner with families:

- Ask parents or PTO members to be a part of your Let's Go! team.
- Send home the **Letter to Families Announcing a New Partnership** (found in the 'Step 1: Sign-Up or Re-Engage' tab of the toolkit).
- Once you are implementing all 5 priority strategies, send home the Let's Go! "Message to Families." (Refer to the **Let's Go! Guide to Success packet** in the 'Step 2' tab. There is also a modifiable version available online at www.letsgo.org/toolkits).
- Invite families to participate in healthy eating and active living activities at your school.
- Ask parents to help maintain your school garden.
- Utilize the skills of parents (e.g. nutritionist, carpenter, artist, etc.) to support your 5-2-1-0 efforts.
- Use bulletin boards and wall space to promote 5-2-1-0 messages.
- Create a 5-2-1-0 Let's Go! section of your school newsletter.

Host family wellness events such as:

- Educational sessions
- Family cooking classes
- Family fitness nights
- Wellness fairs

Each of the 5 priority strategies has a number of parent handouts to share! Go to www.letsgo.org, click through to 'Families' and choose the ones you want to send home. Send them home with newsletters, post them to social media, or to your school website. Share them however you normally communicate with parents.

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LET'S GO!

5-2-1-0