

# CONTENTS

## STEP 1: Engage

- 5-2-1-0 Goes to School Program Overview
- Let's Go!'s 5 Step Path to Success
- Let's Go!'s 10 Strategies for Success
- Let's Go! Definitions
- Let's Go! in Maine
- The Let's Go! Champion and Team
- Scientific Rationale for the 5-2-1-0 Message
- Letter to Families Announcing a New Partnership
- F.A.Q.

## STEP 2: Assess Environment and Create a Plan

- Introduction to the Let's Go! Guide to Success
- Let's Go! Guide to Success Packet for Schools

it's **ALL**  
about healthy!



## STEP 3: Implement Plan

- Welcome to 'Step 3: Implement Plan'!

### STRATEGY 1:

#### Limit unhealthy choices for snacks and celebrations; provide healthy choices.

- Why Does This Matter?
- How to Implement Strategy 1: Limit Unhealthy Choices for Snacks and Celebrations; Provide Healthy Choices
- Healthy Snack Ideas – Letter to Families
- Ideas for Healthy Snacks
- Quick Snacks to Fuel Your Brain
- Ideas for Healthy Foods for Celebrations
- Ideas for Non-Food Celebrations
- Healthy Foods for Celebrations – Letter to Families
- Healthy Party Sign-Up Sheet
- Tried and True Advice for Starting a Garden
- Hold a 5-2-1-0 Poster Contest
- Conduct Taste Tests
- 5-a-Day Bracelets
- Cash Without Calories! Healthy Fundraising Ideas
- Sports and Snacks
- Eat at Least Five Fruits and Vegetables a Day
- Understanding Food Labels
- Breakfast Is Best
- What's a Healthy Portion?
- Pick a Better Fast Food Option

## **STRATEGY 2:**

### **Limit or eliminate sugary drinks; provide water.**

- Why Does This Matter?
- How to Implement Strategy 2: Limit or Eliminate Sugary Drinks; Provide Water
- Limit Sugary Drinks Sent in from Home – Letter to Families
- Make Your Own Sugar Bottle Display
- Have a Drink Plan Goal Setting Worksheet
- Make Fun, Flavored Water
- Role Model Drinking Healthy Beverages
- 0 Sugary Drinks... Provide Water
- Water is Fuel for Your Body
- Sports and Energy Drinks
- How Much Sugar Do You Drink?

## **STRATEGY 3:**

### **Prohibit the use of food as a reward.**

- Why Does This Matter?
- How to Implement Strategy 3: Prohibit the Use of Food as a Reward
- Use Non-Food Rewards
- Use Physical Activity as a Reward
- Food Rewards Add Up
- What the Experts Say about Food Rewards

## **STRATEGY 4:**

### **Provide opportunities to get physical activity every day.**

- Why Does This Matter?
- How to Implement Strategy 4: Provide Opportunities to Get Physical Activity Every Day
- Movement in the Classroom for Academic Success
- Movement for Test Success
- Quick Brain Boosts
- Use Physical Activity as a Reward
- Create a Dedicated Activity Center
- Start a Physical Activity Club
- Active Recess!

- Get One Hour or More of Physical Activity Every Day
- Take It Outside
- Top Five Anywhere Exercises

## **STRATEGY 5:**

### **Limit recreational screen time.**

- Why Does This Matter?
- How to Implement Strategy 5: Limit Recreational Screen Time
- Pause to Play!
- Healthy Activities for School Vacation
- Do a Screen Time Challenge
- National Screen-Free Week
- PSA Posters for the Hallways
- Media Literacy
- Limit Recreational Screen Time to Two Hours or Less
- Step Away From the Screen!
- Ditch Your Phone for an Hour a Day to Get Active!
- Healthy Sleeping Habits

## **STRATEGY 6:**

### **Participate in local, state and national initiatives that support healthy eating and active living.**

- Why Does This Matter?
- How to Implement Strategy 6: Participate in Local, State and National Initiatives that Support Healthy Eating and Active Living
- Healthy Dates to Celebrate

## STRATEGY 7:

**Engage community partners to help support healthy eating and active living.**

- Why Does This Matter?
- How to Implement Strategy 7:  
Engage Community Partners to Help Support Healthy Eating and Active Living
- Students in Partnership with Community Organizations Create Media Projects
- Sample Language for Requesting Support from Local Businesses
- Activities that Involve the Community

## STRATEGY 8:

**Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.**

- Why Does This Matter?
- How to Implement Strategy 8:  
Partner with and Educate Families in Adopting and Maintaining a Lifestyle that Supports Healthy Eating and Active Living

## STRATEGY 9:

**Implement a staff wellness program that includes healthy eating and active living.**

- Why Does This Matter?
- How to Implement Strategy 9:  
Implement a Staff Wellness Program that Includes Healthy Eating and Active Living
- Healthy Food and Beverage Guidelines for Meetings and Celebrations
- Active Meeting Guidelines
- Provide and Promote Safe Walking Routes
- Be a Healthy Role Model
- Role Model by Celebrating Staff Successes Without Food

## STRATEGY 10:

**Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.**

- Why Does This Matter?
- How to Implement Strategy 10:  
Collaborate with Food and Nutrition Programs to Offer Healthy Food and Beverage Options
- The Role of School Nutrition Programs in Let's Go!
- Cafeteria-Sponsored Snack Program
- Conduct Taste Tests
- Let's Go! Smarter Lunchroom Practices
- Smarter Lunchroom Scorecard
- Support Healthy School Meals
- Cafeteria as a Learning Lab
- 10 Things You Always Wanted to Know
- Nutrition Standards for School Lunch
- Nutrition Standards for Snacks Sold in School

## STEP 4: Complete Survey

- The Let's Go! Survey
- Let's Go! Evaluation Framework

## STEP 5: Celebrate

- Celebrate ALL of Your Successes!

## Additional Resources

- Visit the Let's Go! Online Store
- 5-2-1-0 Trivia, Facts, and Questions of the Day