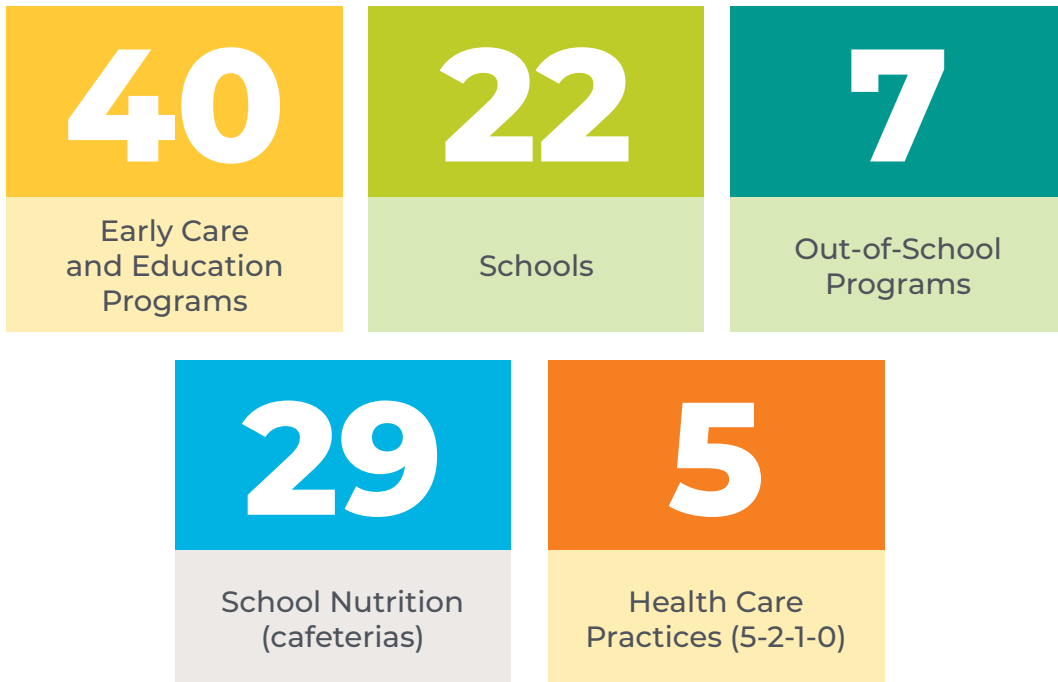


The prevalence of obesity in Aroostook County is 18% for middle school students, 21% for high school and 38% for adults. This is why local Let's Go! Coordinators partner with **103 sites** in our region to promote healthy habits.



We involve our students anyway we can to keep them interested in the food we make for them.



— School, Caswell



Aroostook County Action Program

Let's Go! sites are supporting healthy, happy kids who are ready to learn!

(n = 47 schools, early care and education and out-of-school programs reporting)



Let's Go! school cafeterias are serving healthy meals that include local products and scratch cooking!

(n = 24 school cafeterias reporting)



Let's Go! health care practices are motivating kids to build good habits that will last a lifetime!

(n = 4 practices reporting)

