



## Let's Move Pittsburgh



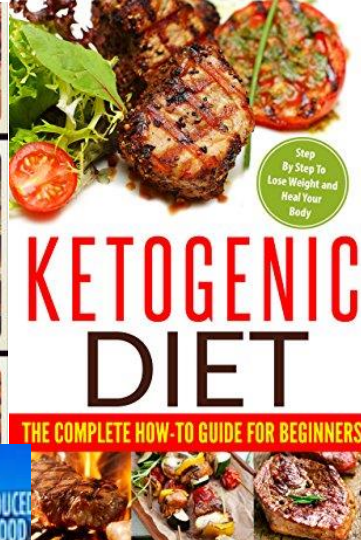
**Maris Altieri, LMP Coordinator**

# What Do We Do?

A collaborative program of Phipps Conservatory and Botanical Gardens, we provide Southwestern Pennsylvania's children and their caregivers with the **knowledge, tools and support** needed to make **nutritious food choices** and lead **active lifestyles**







# 5-2-1-0 Every Day Campaign



- 5** or more fruits & vegetables
- 2** hours or less recreational screen time\*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

# 5-2-1-0 Program in Action

Deliver train-the-trainer workshops to **14** different schools, childcare centers, healthcare and community sites in Allegheny County





# Champion Schools Program

Provide **40** Allegheny County Schools annually with **\$1,000** mini-grants to fund wellness programs

**Currently Accepting  
Applications for 2019  
Champion Schools Program**



# Botany Hall Cooking Classes

Develop and host **plant-based** cooking classes to children, families, students and professionals in our Botany Hall Kitchen



# Thanks!

You can find us at:

Email: [letsmove@phipps.conservatory.org](mailto:letsmove@phipps.conservatory.org)

Website: [letsmovepittsburgh.org](http://letsmovepittsburgh.org)

Facebook: [facebook.com/letsmovepittsburgh](https://facebook.com/letsmovepittsburgh)

