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
10 sugary drinks, more water

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

*Message adopted from Let's Go! www.letsgo.org
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
Website: letsmovepittsburgh.org
Facebook: facebook.com/letsmovepittsburgh