



OUT-OF-SCHOOL



T O O L K I T







Dear Out-of-School Leader,

Welcome to the **5-2-1-0 Goes Out-of-School Toolkit!** On behalf of Let's Move Pittsburgh, we would like to thank you for your interest in starting a 5-2-1-0 program at your organization. 5-2-1-0 Goes Out-of-School is part of Let's Move Pittsburgh's larger effort to lead a 5-2-1-0 initiative in Allegheny County. We are proud to join cities from more than 40 states across the country who have embraced the 5-2-1-0 message as a formula for healthy living. Let's Move Pittsburgh's 5-2-1-0 initiative is modeled after 5-2-1-0 *Let's Go!*, a nationally recognized program launched in Maine. *Let's Go!* focuses on delivering consistent messages of nutritious food choices and active lifestyles to children, families and providers in settings where our children live, learn and grow. For our local initiative, we have adopted or modified *Let's Go!*'s materials and generated new resources for you to use in your 5-2-1-0 program. We are thankful for the opportunity to partner with *Let's Go!* and work towards our shared vision of raising a healthy generation of kids. Learn more about the original Let's Go! by visiting **[www.lets.go.org](http://www.lets.go.org)**.

The key messages of 5-2-1-0 are **5** servings of fruits and vegetables, **2** hours or less of recreational screen time, at least **1** hour of physical activity and **0** sugary drinks and more water—every day! 5-2-1-0 Goes Out-of-School is a step-by-step guide for launching, leading and evaluating your 5-2-1-0 program. Let's Move Pittsburgh will be here to support you every step of the way by providing technical assistance, connections to resources, networking opportunities with other 5-2-1-0 sites and assistance with program monitoring and evaluation.

We look forward to our partnership with you and are excited to see 5-2-1-0 flourish in your community! Please direct any questions or comments to Let's Move Pittsburgh at **412/622-6915** or **[letsmove@phipps.conservatory.org](mailto:letsmove@phipps.conservatory.org)**. For more 5-2-1-0 resources, please visit **[letsmovepittsburgh.org/5210](http://letsmovepittsburgh.org/5210)**.

In Health,

The Let's Move Pittsburgh Executive Committee

*Stay connected by following us on Facebook ([facebook.com/letsmovepittsburgh](https://facebook.com/letsmovepittsburgh)), Twitter ([@letsmovepgh](https://twitter.com/letsmovepgh)) and sign up for our monthly e-newsletter at [letsmovepittsburgh.org](http://letsmovepittsburgh.org).*

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it's **ALL**  
about healthy!



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## STRATEGY 2:

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**STEP ONE**

ENGAGE

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# 5-2-1-0 GOES **OUT-OF-SCHOOL**

**Our goal is to help you go from where you are to wherever you want to be!**

**By participating in 5-2-1-0 Goes Out-of-School, you are joining a statewide network of sites working to improve wellness practices and policies.**

*Let's Go!* is a nationally recognized childhood obesity prevention program. Our goal is to increase physical activity and healthy eating for children from birth to age 18 through policy and environmental change. *Let's Go!* works in six settings to reach families where they live, learn, work, and play to reinforce the importance of healthy eating and physical activity.

*Let's Go!* promotes the 5-2-1-0 message consistently across all settings. The message is supported by science and stands for:

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

\*Keep TVs/computers out of the bedroom. No screen time under the age of 2.

The out-of-school setting includes a wide variety of programs that serve youth in kindergarten through 12th grade after school, before school, and during school vacations. 5-2-1-0 Goes Out-of-School is designed to be easy and efficient to weave into your busy day. We help you look at your current successes and then build upon them. We guide you in connecting all of your efforts back to your community, creating greater impact on the families you serve.



5-2-1-0 Goes Out-of-School follows five easy steps for using evidence-based strategies to improve the policies, practices, and environments that influence healthy eating and active living in out-of-school programs.



### **Let's Go! helps participating programs to:**

- Reflect on their nutrition and physical activity environments and make changes to support healthy behaviors in kids.
- Increase healthy eating in kids by providing appropriate foods and beverages, and role modeling healthy eating behaviors.
- Increase opportunities for physical activity.
- Reach out to parents to promote healthy behaviors at home.
- Promote the 5-2-1-0 message.

### **What will you receive as a registered Let's Go! Out-of-School site?**

- Personalized assistance from a Let's Go! Coordinator to help meet your program's unique nutrition and physical activity goals.
- A free toolkit loaded with resources for both your staff and your families.
- Opportunities for free training for you and staff members.
- Regular e-newsletters from the Let's Go! Home Office.
- The opportunity to be recognized for your work.
- Free membership in a network of hundreds of sites across Maine, just like yours, working to improve the health of our children.

### **What is expected of your registered program?**

- The commitment to set nutrition and physical activity goals and then work towards achieving them.
- The completion of the Let's Go! Survey each spring.

**it's time  
to get  
started!**

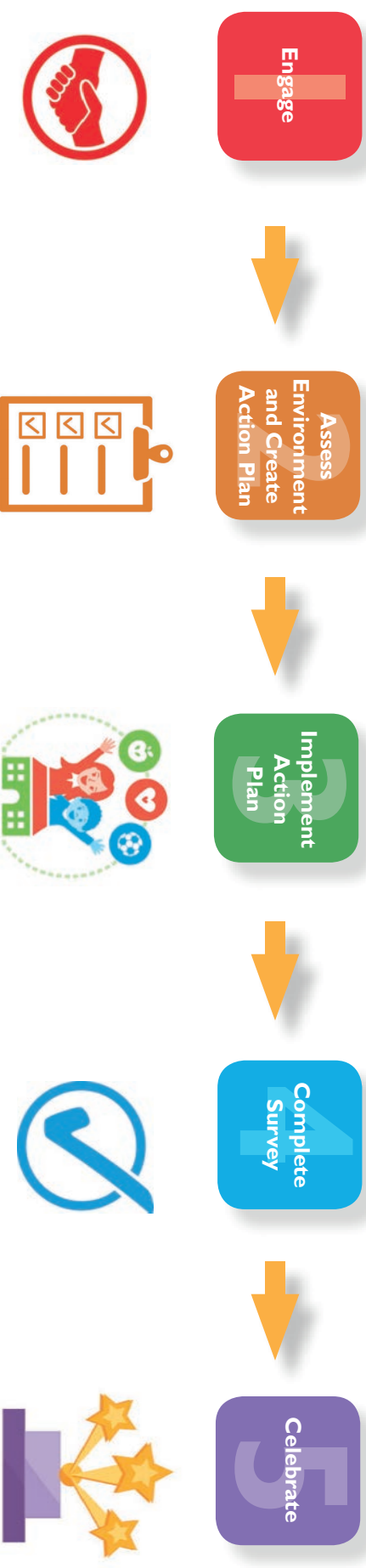
#### **FOR MORE INFORMATION:**

Contact the Let's Move Pittsburgh  
at 412/622-6915 or email us at  
[letsmove@phipps.conservatory.org](mailto:letsmove@phipps.conservatory.org)

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# 5 STEP PATH TO SUCCESS

*Increase Healthy Eating and Active Living Through Let's Go!*



**New Sites:**  
Sign up with your local partner.  
**Returning Sites:**  
You will hear from your local partner.  
**Program year begins July 1.** If applicable, (re-)assemble your team.

**Assess your**  
environment and practices and plan for the year by completing the *Let's Go! Action Plan* or by having a conversation with your local partner.

**Implement the**  
strategies you have chosen. Engage in one or more types of assistance as needed.

**Complete the**  
*Let's Go! Survey* each spring based on the policies and practices your site has in place.

**Share your**  
successes with other staff, children, parents, and the community.

# 10

Let's Go!

## STRATEGIES FOR SUCCESS









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The 10 Strategies for Success are evidence-based and align with national recommendations to increase healthy eating and active living. Refer to your toolkit for ideas on how to implement each strategy. *Let's Go!* recommends creating and implementing strong policies around these strategies.

The Redy mascot  refers to a *Let's Go!* priority strategy.

- 1 Limit unhealthy choices for snacks and celebrations; provide healthy choices. 
- 2 Limit or eliminate sugary drinks; provide water. 
- 3 Prohibit the use of food as a reward. 
- 4 Provide opportunities to get physical activity every day. 
- 5 Limit recreational screen time. 
- 6 Participate in local, state, and national initiatives that support healthy eating and active living.
- 7 Engage community partners to help support healthy eating and active living.
- 8 Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.
- 9 Implement a staff wellness program that includes healthy eating and active living.
- 10 Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.

Let's Go!

# DEFINITIONS

**UNHEALTHY CHOICES** include foods and drinks high in sugar and/or salt such as soda, candy, cookies, cake, and chips.

**HEALTHY CHOICES** include water, fruits, vegetables, whole grain foods, protein sources such as eggs, beans, dairy, fish, and poultry, and healthy fats such as nuts, seeds, and avocados.

**SUGARY DRINKS** include juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks.

**PHYSICAL ACTIVITY** is any movement that increases heart rate and breathing such as running, climbing, jumping, dancing, etc.

**SCREENS** include TVs, computers, video games, tablets, and smartphones.

**RECREATIONAL SCREEN TIME** is screen time used for non-educational purposes.

**CELEBRATIONS** honor a special day or event.

**A FOOD REWARD** is a food used to encourage good behavior.

speaking the language

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# 5-2-1-0 in Pittsburgh



Let's Move Pittsburgh is excited to launch its own **5-2-1-0** initiative for the Pittsburgh region. The local effort will be modeled after 5-2-1-0 Let's Go! in Maine. Let's Move Pittsburgh is dedicated to reaching children and families with consistent messages about healthy lifestyles in the places where they live, learn work and play. 5-2-1-0 is an easy way to remember four healthy habits that are supported by scientific research for their ability to increase healthful behaviors and improve weight status in children.

Beginning in 2016, Let's Move Pittsburgh will spread the 5-2-1-0 message through a media campaign with fun, colorful digital and print advertisements. Providers, families and children will also be reached through supporting materials and initiatives in early childcare, school, healthcare and homes and communities. Let's Move Pittsburgh hopes to expose all kids and families in Allegheny County to the 5-2-1-0 message and help them adopt the four healthy behaviors in their daily lives.

## How to Get Involved

- Visit [letsmovepittsburgh.org/5210](http://letsmovepittsburgh.org/5210) to read more about the 5-2-1-0 initiative in Pittsburgh. To learn about Let's Go! in Maine, please visit [letsgo.org](http://letsgo.org).
- Contact us to bring the 5-2-1-0 message to your early childcare center, school, healthcare clinic or community organization! Email us your inquiry at [letsmove@phipps.conservatory.org](mailto:letsmove@phipps.conservatory.org).
- Promote 5-2-1-0 among your friends, family and colleagues! Please feel free to use any of the resources on our website.
- Apply for our Champion Schools grants to spread the 5-2-1-0 message in an early childcare center, pre-k or elementary school. Funding is available in the spring and fall. For more information, email us at [letsmove@phipps.conservatory.org](mailto:letsmove@phipps.conservatory.org).
- Sign up for Let's Move Pittsburgh's monthly e-newsletter with tips for healthy living. Visit [letsmovepittsburgh.org](http://letsmovepittsburgh.org) to sign up.
- Follow us on Facebook ([facebook.com/letsmovepittsburgh](https://facebook.com/letsmovepittsburgh)) and Twitter ([@letsmovepgh](https://twitter.com/letsmovepgh)) to receive 5-2-1-0 tips on our "5-2-1-0 Friday" campaign.



Let's Move Pittsburgh is affiliated with Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! [www.letsgo.org](http://www.letsgo.org).



The *Let's Go!*

# CHAMPION AND TEAM

***Let's Go! reaches out to site Champions regularly throughout the year to see how we can best support your efforts. Back and forth communication is expected and will help form a supportive, ongoing relationship.***

## What is a *Let's Go!* Champion?

Every one of the *Let's Go!* registered sites identifies a Champion to lead their site through the 5 Step Path to Success. The Champion should be someone who is at the site daily and who knows and can help influence the healthy eating and physical activity practices at the site. The importance of this role cannot be overstated—*Let's Go!* Champions are leading the way to a healthier generation of kids!

## Role of the *Let's Go!* Champion in the Out-of-School Setting

As a 5-2-1-0 Goes Out-of-School Champion, you are leading the positive changes in your program environment. Your role as the Champion includes:

- Signing your site up with the local *Let's Go!* Coordinator, listing yourself as the *Let's Go!* Champion, and providing your contact information.
- Reviewing the *Let's Go!* Action Planning Packet each year with your team and determining what your site wants to achieve that year.
- Ensuring that parents and all staff are aware of and, if possible, included in the work.
- Being responsible for sharing the 5-2-1-0 message and *Let's Go!* resources with parents and staff.
- Reaching out to your *Let's Go!* Coordinator with any questions, challenges, or successes you come across in your efforts to increase healthy eating and physical activity.
- Completing the *Let's Go!* Survey each spring with the assistance of your team.

## Role of the *Let's Go!* team

While there can only be one “official” *Let's Go!* Champion at each site, sites are encouraged to gather a team to help support the Champion's efforts. *Let's Go!* data shows that sites that have a team are able to make more improvements than those that don't have a team.

The team can include a variety of individuals that are involved with the program (e.g. staff, parents, senior leadership, kids, and community members) and that share the vision of creating healthier environments for kids. How often a team meets is dependent on the goals of the group and the availability of the team members.

we're  
here to  
**support  
you**

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# 5210 Message

## The Scientific Rationale



A diet rich in fruits and vegetables provides vitamins and minerals, important for supporting growth and development, and for optimal immune function in children. High daily intakes of fruits and vegetables among adults are associated with lower rates of chronic diseases such as heart disease, stroke, high blood pressure, diabetes and, possibly, some types of cancers. Emerging science suggests fruit and vegetable consumption may help prevent weight gain, and when calories are controlled, may be an important aid to achieving and sustaining a healthy weight.



Watching too much television and use of other screen media is associated with an increased prevalence of overweight and obesity, lower reading scores and attention problems. The American Academy of Pediatrics (AAP) recommends no more than two hours of screen time a day and that children under 2 not watch any TV or other screen media. The AAP recommends keeping the TV and computer out of the bedroom.



Regular physical activity is essential for weight maintenance and prevention of chronic diseases, such as heart disease, diabetes, colon cancer and osteoporosis. While most school age children are quite active, physical activity sharply declines during adolescence. Children who are raised in families with active lifestyles are more likely to stay active as adults than children who are raised in families with sedentary lifestyles.



Sugar-sweetened beverage consumption has increased dramatically since the 1970s; high intake among children is associated with overweight and obesity, displacement of milk consumption and dental cavities. The AAP recommends that children 1–6 years old consume no more than 4–6 oz. of 100% juice per day and youth 7–18 years old consume no more than 8–12 oz. Water provides a low-cost, zero-calorie beverage option and is a healthy alternative to sugary drinks.

*Screen time includes time spent watching television, playing video games, and using a computer, smart phone or tablet.  
Recreational screen time is screen time used for non-educational purposes.*

Baker S, Cochran W, Greer F, et al. The use and misuse of fruit juice in pediatrics. *Pediatrics*. 2001; 107(5): 1210-1213. National Association for Sport and Physical Education, Physical Activity for Children: A Statement of Guidelines for Children Ages 5–12. (2004). Position of the American Dietetic Association: Dietary Guidance for Healthy Children Ages 2–11 Years. *J. Am. Diet. Assoc.*, 2004; 104: 660-677. Strasburger VC, Hogan MJ, Mulligan DA, et al. Children, adolescents, and the media. *Pediatrics*. 2013; 132(5): 958-961. The Henry J. Kaiser Family Foundation, Issue Brief: The Role of Media in Childhood Obesity, February 2004. USDHHS and USDA, 2005 Dietary Guidelines Advisory Committee Report, retrieved during 12/04 from [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines) Walter C. Willett, M.D. Eat, Drink and Be Healthy: The Harvard Guide to Healthy Eating, 2001, Free Press, NY Adapted from the Harvard School of Public Health Prevention Research Center, Maine Youth Overweight Collaborative (MYOC) 6/5/15

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Download more 5-2-1-0 resources at [letsmovepittsburgh.org/5210](http://letsmovepittsburgh.org/5210). To start a 5-2-1-0 campaign at your home or organization, please contact [letsmove@phipps.conservatory.org](mailto:letsmove@phipps.conservatory.org).



Let's Move Pittsburgh is affiliated with Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! [www.letsgo.org](http://www.letsgo.org).

Letter to Families Announcing

# A NEW **PARTNERSHIP**

Date:

Dear Families:

We are pleased to announce that we have teamed up with Let's Move Pittsburgh to create healthier environments in schools, child care and out-of-school programs, health care practices, workplaces, and communities—the places where children and their families live, learn, work, and play. We are adapting the Let's Go! program, which is centered around the common message of 5-2-1-0.

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

\*Keep TVs/computers out of the bedroom. No screen time under the age of 2.

As a part of *Let's Go!*, we will be working hard to improve our nutrition and physical activity environment and adding the 5-2-1-0 behaviors into our daily activities. As part of our work, you may hear your child talking about 5-2-1-0. Don't hesitate to get involved or ask what we are working on.

For more information about 5-2-1-0 *Let's Go!*, visit [letsmovepittsburgh.org](http://letsmovepittsburgh.org), or contact the Let's Move Pittsburgh staff at 412/622-6915 or [letsmove@phipps.conservatory.org](mailto:letsmove@phipps.conservatory.org).

Sincerely,

get involved  
**help out**  
ask questions



## In the Know **FAQ**



### **1. Why is our program working with Let's Go!?**

Let's Go! provides a framework for out-of-school programs to create healthier environments. The strategies and the 5-2-1-0 message are promoted at other Let's Go! out-of-school programs, schools, child care programs, and health care practices in our community and throughout Pittsburgh. Together, we can help ensure a healthy environment for kids throughout the day.

### **2. Who does the 5-2-1-0 message apply to?**

While physical activity needs can vary by age, the 5-2-1-0 message applies to everyone. It is an easy-to-remember healthy lifestyle message which encourages increased physical activity and healthy eating.

### **3. Why the 5-2-1-0 message?**

There is scientific rationale supporting each component of the 5-2-1-0 message. It has been used in doctors' offices in Maine since 2004 and has been used in schools since 2006. The 5-2-1-0 message makes it easy to have an open discussion about ways to increase physical activity and healthy eating.

### **4. Is this just one more thing that I have to do?**

No, Let's Go!'s goal is to bring you from where you are to where you want to go. To make it easy for you, we help you design an Action Plan around what you are interested in doing and have created tools and resources designed to fit easily into your daily routine. We provide personalized assistance to help you reach your unique goals, help you find the resources you need, and offer top quality trainings.

### **5. How do I use the toolkit?**

The toolkit is designed to align with your Let's Go! work throughout the year as you progress through the 5 Step Path to Success. There is a tab designated for each of the 5 Steps, and within each tab are specific handouts, tools, and resources that will guide and support you through that step. Take time to become familiar with the contents of the toolkit and keep it next to you when you are making your Action Plan for the year.

### **6. How important are my health behaviors to the success of this project?**

Role modeling is an important part of changing kids' behaviors. You are an important influence in their lives. If you practice good health behaviors, the kids will notice and are more likely to pick up the behaviors themselves.



## **7. What if one of the concepts in the toolkit contradicts our practices?**

If at any point you feel uncomfortable with any of the ideas or concepts endorsed in the toolkit, do not proceed with that topic. There are many different strategies that you can try, so you can find one that better suits your style or practices.

## **8. Will discussion of the 5-2-1-0 message lead to an increase in eating disorders such as anorexia nervosa?**

There is no current evidence that bringing up healthy behaviors in a positive manner leads to disordered eating. The 5-2-1-0 message is an easy way to discuss general healthy choices that apply to everyone. Its purpose is to spread healthy behaviors. Research supports the idea that interventions like 5-2-1-0 *Let's Go!* may actually help prevent eating disorders in early adolescent girls.

(Austin SB, Kim J, Wiecha J, Troped PJ, Feldman HA, Peterson KE. School-based overweight preventive intervention lowers incidence of disordered weight-control behaviors in early adolescent girls. *Arch. Pediatr. Adolesc. Med.* 2007;161(9):865-869).



## STEP TWO

# ASSESS ENVIRONMENT + CREATE ACTION PLAN

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# ACTION PLANNING PACKET

Our goal is to help  
you go from where  
you are to wherever  
you want to be!

If you need assistance  
using the packet,  
you can contact your  
local 5-2-1-0  
*Let's Go!* Coordinator  
for technical  
assistance.

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## Why should I use the *Let's Go!* Action Planning Packet?

- The **Let's Go! Action Planning Packet** is a tool designed to help you develop a successful *Let's Go!* Action Plan for the program year. The packet will help you identify:
  - What your program is already doing in support of the 10 Strategies for Success.
  - Where you want to focus your efforts this year.
  - What steps you need to take to achieve your goal(s).

## When do I use the *Let's Go!* Action Planning Packet?

- At the start of every program year.
- Throughout the year to guide your work and that of other staff and/or team members.

## How do I use the *Let's Go!* Action Planning Packet?

- Start with the **Getting Started Checklist** to be sure you have all the basics in place for the program year.
- Next, complete the questions for each strategy. This will help you see where your program currently stands on each of the 10 Strategies for Success, and will help you plan where you may want to focus your efforts for the year.
- Once you have a good idea of what you want to work on, fill out the Action Plan at the end of the packet.
- Make sure you complete the packet with your team members.

## What else can the *Let's Go!* Action Planning Packet be used for?

- Use it to help get others on board! You don't need to fill it out by yourself! Who else can help?
- Use it to help your program meet the National AfterSchool Association Healthy Eating Physical Activity (HEPA) Standards. HEPA Best Practices that align with *Let's Go!* Strategies are listed at the bottom of pages 5, 8, and 9 of the Action Planning Packet.
- You can use the questions for each strategy to prepare for the *Let's Go!* survey sent out in the spring. These questions are the same as the survey questions.





# *Let's Go!*

## Action Planning Packet

### for Out-of-School Programs

*Let's Go!* is a nationally recognized program that promotes evidence-based strategies to increase healthy eating and active living among children through the age of 18.

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

\*Keep TVs/computers out of the bedroom. No screen time under the age of 2.

# Packet Overview

This packet is designed to help you develop a successful *Let's Go!* Action Plan for the program year. The questions will help you understand what your staff is already doing in support of these strategies and where you want to focus your efforts this year.

## Directions:

1. Review the 10 Strategies for Success.
2. Complete the Getting Started Checklist.
3. Assess your current environment by answering the *Let's Go!* Strategy Questions.
4. Create your Action Plan.

## Table of Contents

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Blank <i>Let's Go!</i> Action Plan.....pg	16

**Out-of-School Program Name:** \_\_\_\_\_


**Date Completed:** \_\_\_\_\_






**Completed by:** \_\_\_\_\_

For assistance with your *Let's Go!* Action Plan, contact Let's Move Pittsburgh at 412/622-6915  
or email us at [letsmove@phipps.conservatory.org](mailto:letsmove@phipps.conservatory.org)

# 10 Strategies for Success

The 10 Strategies for Success are evidence-based and align with national recommendations to increase healthy eating and active living. Please refer to the *Let's Go!* toolkits for ideas on how to implement each strategy. *Let's Go!* recommends creating and implementing strong policies around these strategies.

 The Redy mascot refers to a Let's Go! priority strategy.

-  1. **Limit unhealthy choices for snacks and celebrations; provide healthy choices.**
-  2. **Limit or eliminate sugary drinks; provide water.**
-  3. **Prohibit the use of food as a reward.**
-  4. **Provide opportunities to get physical activity every day.**
-  5. **Limit recreational screen time.**
6. **Participate in local, state, and national initiatives that support healthy eating and active living.**
7. **Engage community partners to help support healthy eating and active living.**
8. **Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.**
9. **Implement a staff wellness program that includes healthy eating and active living.**
10. **Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.**

*Definitions:*

Unhealthy choices include foods and drinks high in sugar and/or salt such as soda, candy, cookies, cake, and chips.

Healthy choices include water, fruits, vegetables, whole grain foods, protein sources such as eggs, beans, dairy, fish, and poultry, and healthy fats such as nuts, seeds, and avocados.

Sugary drinks include juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks.

Physical activity is any movement that increases heart rate and breathing such as running, climbing, jumping, dancing, etc.

Screens include TVs, computers, video games, tablets, and smartphones.

Recreational screen time is screen time used for non-educational purposes.

Celebrations honor a special day or event.

A food reward is a food used to encourage good behavior.

# 5-2-1-0 Goes Out-of-School: Getting Started Checklist

Hip hip hooray! We are so excited to have you join the team of hundreds of sites that are participating in *Let's Go!* and helping children and youth be healthy!

Review the list and check off any of the steps you have completed. You can then work on the other steps and check them off as you go.

## **At the start of the year:**

- ☐ We have a 5-2-1-0 toolkit and all staff know where to find it.
- ☐ We have a team of at least a few people who are helping to bring 5-2-1-0 to life in our program and who meet a couple of times a year (*recommended for large programs, such as the YMCA, Big Brothers & Big Sisters, Recreation Departments, School-based After School programs, etc.*)
- ☐ We are familiar with the 10 Strategies for Success.
- ☐ We have 5-2-1-0 posters up in key locations such as the building entrance, in hallways, on bulletin boards, and/or in the gym (*reach out to your Let's Go! Coordinator if you need additional posters*).
- ☐ We have made our out-of-school community (*administrators, staff, parents, coaches, etc.*) aware of our participation in 5-2-1-0 Goes Out-of-School and they know what 5-2-1-0 means.

## **As the year goes on:**

- ☐ We send home 5-2-1-0 parent handouts.
- ☐ We encourage all staff to role model 5-2-1-0.
- ☐ We integrate the 5-2-1-0 message into our healthy eating and physical activity program activities and projects.
- ☐ We orient all new staff to the *Let's Go!* Program and our 5-2-1-0 activities.
- ☐ We complete the *Let's Go!* survey each year to capture our progress.
- ☐ We celebrate our successes—even the small ones!

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

## Questions for Strategy I

Does staff at your program limit unhealthy choices for **snacks**?

- ☐ No
- ☐ Yes, some staff (less than 50%)
- ☐ Yes, most staff (50% or more)
- ☐ Yes, program-wide (100%)
- ☐ Not applicable, our program never serves food or drinks for snacks
- ☐ Don't know

Does staff at your program limit unhealthy choices for **celebrations**?

- ☐ No
- ☐ Yes, some staff (less than 50%)
- ☐ Yes, most staff (50% or more)
- ☐ Yes, program-wide (100%)
- ☐ Not applicable, our program never has food or drinks at celebrations
- ☐ Don't know

Describe what your program's staff is already doing in support of this strategy.

Is there anything else your program's staff would like to do for this strategy this year? If so, please describe.

### Recommendations for limiting unhealthy choices:

Prohibit candy or other foods that are primarily sugar-based.  
Prohibit children's access to vending machines that sell unhealthy options.  
Offer sweet baked goods no more than twice a month.  
Do not offer fried, salty snacks such as potato or corn chips.  
*National AfterSchool Association Healthy Eating Physical Activity Standards*

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

### Questions for Strategy 2

Does staff at your program limit 100% fruit juice to one 8 ounce serving or less per day?

- ☐ No
- ☐ Yes, some staff (less than 50%)
- ☐ Yes, most staff (50% or more)
- ☐ Yes, program-wide (100%)
- ☐ Not applicable, our program never serves 100% fruit juice
- ☐ Don't know

Does staff at your program limit sugary drinks?

- ☐ No
- ☐ Yes, some staff (less than 50%)
- ☐ Yes, most staff (50% or more)
- ☐ Yes, program-wide (100%)
- ☐ Not applicable, our program never serves sugary drinks
- ☐ Don't know

Does staff at your program promote drinking water during the day?

*Examples may include holding designated water breaks or ensuring water is visible and available for self-serve.*

- ☐ No
- ☐ Yes, some staff (less than 50%)
- ☐ Yes, most staff (50% or more)
- ☐ Yes, program-wide (100%)
- ☐ Don't know

Describe what your program's staff is already doing in support of this strategy.

Is there anything else your program's staff would like to do for this strategy this year? If so, please describe.



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

#### Questions for Strategy 3

<p>Does staff at your program prohibit the use of food as a reward?</p>	<p> <input type="checkbox"/> No  <input type="checkbox"/> Yes, some staff (less than 50%)  <input type="checkbox"/> Yes, most staff (50% or more)  <input type="checkbox"/> Yes, program-wide (100%)  <input type="checkbox"/> Don't know         </p>
<p>Does staff at your program promote the use of physical activity as a reward?</p> <p><i>Examples may include having open gym time or providing an extra 5 minutes of playtime.</i></p>	<p> <input type="checkbox"/> No  <input type="checkbox"/> Yes, some staff (less than 50%)  <input type="checkbox"/> Yes, most staff (50% or more)  <input type="checkbox"/> Yes, program-wide (100%)  <input type="checkbox"/> Don't know         </p>

Describe what your program's staff is already doing in support of this strategy.

Is there anything else your program's staff would like to do for this strategy this year?  
If so, please describe.

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

### Questions for Strategy 4

Does staff at your program provide opportunities for physical activity every day?

*Examples may include short physical activity breaks between learning activities, providing non-competitive physical activities, or integrating physical activity into enrichment content.*

- ☐ No
- ☐ Yes, some staff (less than 50%)
- ☐ Yes, most staff (50% or more)
- ☐ Yes, program-wide (100%)
- ☐ Don't know

Does any staff at your program take away physical activity as a punishment?

*For example, taking away outdoor playtime for bad behavior.*

- ☐ No, our staff does not take away physical activity as punishment
- ☐ Yes, some staff take away physical activity as punishment
- ☐ Don't know

Describe what your program's staff is already doing in support of this strategy.

Is there anything else your program's staff would like to do for this strategy this year?  
If so, please describe.

#### Recommendations for physical activity:

Dedicate at least 20% of program time to physical activity (at least 60 minutes for full-day programs and at least 30 minutes for half-day programs).

Provide physical activities in which children are moderately to vigorously active for at least 50% of the time.

Provide active playtime outside whenever possible.

*National AfterSchool Association Healthy Eating Physical Activity Standards*

## 5. Limit recreational screen time.

### Questions for Strategy 5

Does staff at your program limit recreational screen time?

- ☐ No
- ☐ Yes, some staff (less than 50%)
- ☐ Yes, most staff (50% or more)
- ☐ Yes, program-wide (100%)
- ☐ Not applicable, our program does not have any screens
- ☐ Don't know

Describe what your program's staff is already doing to support this strategy.

Is there anything else your program's staff would like to do for this strategy this year?  
If so, please describe.

#### Recommendations for limiting recreational screen time:

Limit digital device time to less than one hour per day.  
Prohibit television and movies.  
*National AfterSchool Association Healthy Eating Physical Activity Standards*

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

### Questions for Strategy 6

Does staff at your program participate in any local, state or national initiatives, other than Let's Go!, that support healthy eating and active living?

Check all that apply:

- ☐ Alliance for a Healthier Generation
- ☐ Healthy Kids Out of School
- ☐ National Afterschool Association
- ☐ National Institute of Health We Can! Program
- ☐ National Nutrition Month
- ☐ National Screen-Free Week
- ☐ National Bike Month
- ☐ Remake Learning Days
- ☐ No, our program does not participate in any initiatives
- ☐ Don't know
- ☐ Other (specify):

Describe what your program's staff is already doing to support this strategy.

Is there anything else your program's staff would like to do for this strategy this year?  
If so, please describe.

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

### Questions for Strategy 7

Does staff at your program engage community partners, other than your *Let's Go!* Coordinator, to help support healthy eating and active living at your program?

Check all that apply:

- ☐ College student volunteers
- ☐ Cooperative Extension
- ☐ Farmers
- ☐ Live Well Allegheny
- ☐ Librarians
- ☐ Local businesses
- ☐ SNAP-Ed nutrition educators
- ☐ No, our program does not work with any community partners
- ☐ Don't know
- ☐ Other (specify):

Describe what your program's staff is already doing to support this strategy.

Is there anything else your program's staff would like to do for this strategy this year?  
If so, please describe.

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

### Questions for Strategy 8

Does staff at your program provide families with educational material on healthy eating and active living?

*Examples may include brochures, tip sheets, or in-person educational sessions.*

- ☐ No
- ☐ Yes, some staff (less than 50%)
- ☐ Yes, most staff (50% or more)
- ☐ Yes, program-wide (100%)
- ☐ Don't know

Describe what your program's staff is already doing to support this strategy.

Is there anything else your program's staff would like to do for this strategy this year?  
If so, please describe.



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

### Questions for Strategy 9

Does your program have a staff wellness program?

- ☐ No
- ☐ Yes
- ☐ Don't know

Does your program provide opportunities for your staff to learn about healthy eating and physical activity?

*Examples may include providing staff training or educational handouts.*

- ☐ No
- ☐ Yes, program-wide
- ☐ Don't know

Does staff at your program role model healthy eating and active living behaviors for students?

*Examples may include staff participating in active time, eating and drinking only healthy foods in front of children, practicing healthy staff celebrations and meetings, or using breaks to get physical activity.*

- ☐ No
- ☐ Yes, some staff (less than 50%)
- ☐ Yes, most staff (50% or more)
- ☐ Yes, program-wide (100%)
- ☐ Don't know

Describe what your program's staff is already doing to support this strategy.

Is there anything else your program's staff would like to do for this strategy this year?  
If so, please describe.

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

### Questions for Strategy 10

Does your program participate in a federal reimbursable nutrition program, and/or follow the MyPlate model or Harvard School of Public Health Healthy Eating Plate guidelines, to offer healthy food and beverage options?

*Federal reimbursable nutrition programs include Child and Adult Care Food Program (CACFP), USDA School-Based Afterschool Snack Program, and Summer Feeding Program.*

- ☐ No
- ☐ Yes, some staff (less than 50%)
- ☐ Yes, most staff (50% or more)
- ☐ Yes, program-wide (100%)
- ☐ Don't know

Describe what your program's staff is already doing to support this strategy.

Is there anything else your program's staff would like to do for this strategy this year? If so, please describe.

# EXAMPLE Let's Go! Action Plan

Look back through the 10 strategies and choose 1 to 3 strategies that you would like to focus on this year. List them here:

1. Limit unhealthy choices for snacks and celebrations; provide healthy choices.
2. Provide opportunities to get physical activity every day.
3. Prohibit the use of food as a reward.

Write one goal for each strategy that you selected above.

Goal 1. Our program will limit unhealthy choices for celebrations.

Goal 2. Every program leader will provide at least one five minute physical activity break every day.

Goal 3. Our program will not use food as a reward for behavior or performance.

What steps do you need to take to achieve your goals? List the tasks below:

	What are the tasks for Goal 1?	Who will complete task?	By when?
1a	Select toolkit handouts to share with staff on how to have healthy celebrations. Present handouts to staff at May staff meeting.	Jane (Volunteer Parent), Bill (Program Leader/Champion)	May 2
1b	Work with staff to develop and adopt a policy that limits unhealthy choices at celebrations.	Bill, Jane	May 31
1c	Roll out new policy to parents with toolkit handouts.	Barbara (Director) Program Staff	June 1
1d	Troubleshoot any challenges at the monthly staff meeting.	Program Staff	June 5, ongoing
	What are the tasks for Goal 2?	Who will complete task?	By when?
2a	Give staff permission and encouragement to provide physical activity breaks throughout the day.	Bill, Barbara	August 29 (Training day)
2b	Provide the staff with activity break options from the toolkit.	Bill	August 29
2c	Work with our local school's occupational therapist to tailor activities, if needed.	Chris (Teacher/Team member) Sheila (Occupational Therapist)	September 12
2d	At staff meetings, recognize staff who provide the most physical activity to kids.	Chris	October 4, ongoing
	What are the tasks for Goal 3?	Who will complete task?	By when?
3a	Use the toolkit to come up with ideas for non-food rewards.	Jane	June 1
3b	Work with staff to develop a policy that prohibits the use of food as a reward for behavior or performance.	Bill, Jane	June 30
3c	Roll out new policy to all staff at July staff meeting.	Barbara	July 5
3d	Troubleshoot any challenges at the monthly staff meeting.	Barbara, Bill	August 6, ongoing

Remember to let people know about your efforts and to promote 5-2-1-0 throughout the community.

Refer to your Let's Go! Action Plan regularly to make it happen.

Your Let's Go! partners are here to help you. Let's keep in touch!

# Let's Go! Action Plan

Look back through the 10 strategies and choose 1 to 3 strategies that you would like to focus on this year. List them here:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Write one goal for each strategy that you selected above.

Goal 1. \_\_\_\_\_

Goal 2. \_\_\_\_\_

Goal 3. \_\_\_\_\_

What steps do you need to take to achieve your goals? List the tasks below:

	What are the tasks for Goal 1?	Who will complete task?	By when?
1a			
1b			
1c			
1d			
	What are the tasks for Goal 2?	Who will complete task?	By when?
2a			
2b			
2c			
2d			
	What are the tasks for Goal 3?	Who will complete task?	By when?
3a			
3b			
3c			
3d			

Remember to let people know about your efforts and to promote 5-2-1-0 throughout the community.

Refer to your *Let's Go!* Action Plan regularly to make it happen.

Your *Let's Go!* partners are here to help you. Let's keep in touch!

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

\*Keep TVs/computers out of the bedroom. No screen time under the age of 2.



**Let's Move**  
Pittsburgh





## STEP THREE

# IMPLEMENT ACTION PLAN

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Welcome to Step 3

# IMPLEMENT ACTION PLAN!

Pages with a red bar at the top are great materials to send home!



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This section is filled with ideas on exactly how to put your 5-2-1-0 Let's Go! goals into action! The pages in this section are organized by the 10 Strategies for Success, so you can turn right to the strategy (or strategies) you will be focusing on this year. Within each strategy tab you will find the following:

**WHY PAGES** – Each strategy has one WHY page explaining the science behind the strategy, and why it is important.

**HOW PAGES** – Each strategy also has a HOW page that lists specific and ready-to-use ideas for how to put the strategy into action. Ideas on the HOW page that are bolded have additional supporting pages in that section.

**SUPPORTING PAGES** – These pages provide more detail on some of the ideas from the HOW page. They can be sent home as parent handouts, used with kids at your program, or shared with staff.

As an example, here is how one out-of-school program may use this section:

**EXAMPLE:** *The Learning Station Out-of-School Program is preparing their Action Plan for the year. One of their goals is to find an alternative to candy as a reward for good behavior. They turn to 'Strategy #3: Prohibit the Use of Food as a Reward' and do the following:*

1. Read the **WHY** page to learn about the science behind Strategy #3.
2. Turn to the next page, the **HOW** page, for ideas on how to put Strategy #3 into action.
3. Choose a few ideas from the **HOW** page and add them as goals to their Action Plan.
4. Turn to the **SUPPORTING PAGES** to get ideas on how to work towards each goal, then add them as tasks on their Action Plan.
5. Provide helpful tips and resources to caregivers by sending home pages with a **RED BAR** at the top!
6. A few months later, after achieving all the goals on their Action Plan earlier than expected, they come back to the 'Step 3: Implement Action Plan' tab for more ideas on how to expand their efforts. This time they may even pick a brand new strategy!

**All staff at your program should be familiar with your Let's Go! efforts. At the beginning of each program year, and whenever a new member joins your team, make sure to:**

- Review the 10 Strategies for Success
- Share the goals and tasks outlined in your program's Action Plan
- Talk about expectations for children and staff around healthy eating and physical activity at your program

## STEP THREE

# IMPLEMENT ACTION PLAN

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## STRATEGY ONE

Limit Unhealthy Choices for Snacks and Celebrations;  
Provide Healthy Choices

## STRATEGY I: Limit Unhealthy Choices for Snacks and Celebrations; Provide Healthy Choices

# why does this matter?

**Snacks can be good or bad for kids' diets, depending on the choices we offer.** Limiting unhealthy choices and providing healthy snacks can improve students' behavior, focus, attention span, academic achievement, and attendance. Too much junk food and an unhealthy diet decreases academic performance.<sup>1-4</sup>

**Snacks are a bigger part of kids' diets than in the past.** More snacking and unhealthy snack foods (e.g., potato chips, cookies, and candy) are major factors linked with childhood obesity. When the foods are healthier, snacking can be linked to reduced obesity.<sup>5, 6</sup>

**Classroom celebrations can happen a lot and most foods served are usually high in sugar, fat, and calories.<sup>7</sup>** Limiting unhealthy choices and having healthy celebrations will support what kids are learning in the classroom about healthy behaviors.

### **Serving healthy snacks to kids:**

- Provides good nutrition.
- Supports lifelong healthy eating habits.
- Helps reduce the risk of developing long-lasting health conditions.<sup>8, 9</sup>

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www.letsgo.org

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# STRATEGY I: Limit Unhealthy Choices for Snacks and Celebrations; Provide Healthy Choices

## how to implement

Here are many ideas for how to limit unhealthy choices and provide healthy ones. Pick and choose the ones that work best for your program!

● **Bolded items** mean there is a supporting handout in this section!

### HEALTHY CHOICES

include water, fruits, vegetables, whole grain foods, protein sources such as eggs, beans, dairy, fish, and poultry, and healthy fats such as nuts, seeds, and avocados.

### UNHEALTHY CHOICES

include foods and drinks high in sugar and/or salt such as soda, candy, cookies, cake, and chips.



This program is adapted from Let's Go!  
[www.letsgo.org](http://www.letsgo.org)

### Limit unhealthy choices for snacks:

- Send home the **Ideas for Healthy Snacks** handout.
- Send home the **Snacks to Fuel Your Brain** handout.
- Respectfully decline unhealthy food donations using the **Navigating Food Donations** handout.
- Select healthier choices using the **This vs. That for Snacks** handout.

### Limit access to vending machines or work to ensure vending machines are stocked with healthy snack choices.

### Limit unhealthy choices for celebrations:

- Use the **Ideas for Healthy Foods for Celebrations** handout.
- **Present Fruits and Vegetables in Fun, Creative Ways.**
- Use the **Ideas for Non-Food Celebrations** handout.

### Ask kids and families to limit unhealthy choices for snacks and celebrations:

- Send home **Healthy Snack Ideas – Letter to Families.**
- Send home **Healthy Foods for Celebrations – Letter to Families.**
- Send home the **Healthy Party Sign-Up Sheet.**

### Involve kids in activities that promote healthy eating:

- Use the **Cooking with Kids** handout.
- Review the **Safely Working with Kids in the Kitchen** handout.
- Practice **Family-Style Meals and Snacks.**
- Start a garden at your program; review **Tried and True Advice for Starting a Garden.**
- **Hold a 5-2-1-0 Poster Contest.**
- **Grow Pittsburgh Garden Resource Center.**
- **Conduct Taste Tests.**
- Use **5-A-Day Bracelets.**

### Decorate bulletin boards with healthy eating messaging.

### Eliminate unhealthy fundraisers:

- Use the **Healthy Fundraising Ideas – Cash without Calories** handout.

### Advocate for healthier sports teams:

- Know about **Sports and Snacks.**

continued

### Maintain healthy habits even when off-site:

- Use the **Guidelines for a Healthy Field Trip**

**Advocate for healthier snack options at your facility's concession stand/store by connecting with the person or group responsible for selecting food items and recommending healthy additions and alternatives.**

**Incorporate lessons on healthy food choices into your program time and share this knowledge with families by sending home the following handouts:**

- **Eat at Least Five Fruits and Vegetables a Day**
- **Healthy Shopping On a Budget**
- **Understanding Food Labels**
- **Pittsburgh Seasonal Food Guide**
- **Breakfast Is Best**
- **A Meal is a Family Affair**
- **Fruits and Vegetables, All Year Long!**
- **What is a Healthy Portion?**
- **Tips for a Healthier Diet**
- **Healthy Brown Bag Lunches**
- **Handling a “Choosy” Eater**
- **Phrases that HELP and HINDER**
- **Pick a Better Fast Food Option**
- **Getting to Know Fiber**

**Set a program policy that limits unhealthy choices for snacks and celebrations.**

- Refer to the **Let's Go! Recognition Packet** in the 'Step 5: Celebrate' Tab for help with this.



# IDEAS FOR HEALTHY

# SNACKS

**Boost overall nutrition with healthy snacks. Keep your energy going all day long!**

**Popular vegetables that can be served raw with healthy dips, spreads, and salad dressings include:**

- Broccoli
- Baby carrots
- Celery sticks – add some nut butter and raisins...*anyone remember ants on a log?*
- Cucumber slices
- Pepper strips – red, green, and yellow
- Snap peas
- Snow peas
- String beans
- Grape or cherry tomatoes
- Zucchini slices

## YUM!

Bean dips, guacamole, hummus, salsa, and nut butters are all great for dipping or spreading!

**Fruit is a nutritious and naturally sweet option for snacking. Choosing fresh fruit guarantees you're getting no added sugar:**

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Clementines
- Grapefruit
- Grapes – red, green, or purple
- Honeydew melon
- Kiwifruit
- Mandarin Oranges
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerines

## Mix it up!

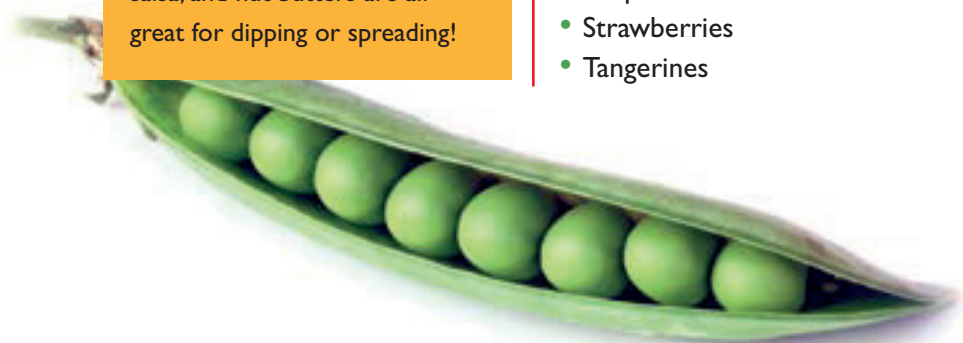
Serve fresh fruit as a salad or kabobs!

**Some other popular fruit forms include:**

- Applesauce (unsweetened)
- Canned fruit (in 100% juice or water)
- Dried fruit – try raisins, apricots, apples, cranberries, and fruit leathers with little or no added sugar
- Frozen fruit (check the label to be sure there is just fruit and no added sugar in the bag)

**It's a good idea to balance out snacks by serving foods from different food groups. For your next snack try eating a fruit or vegetable WITH one of these foods:**

- Whole wheat English muffins, pitas, or tortillas
- Breakfast cereals – choose whole grain, low-sugar options like Cheerios, Grape-Nuts, Raisin Bran or Mini-Wheats
- Whole grain crackers like Triscuits or Wheat Thins
- Popcorn
- Baked tortilla chips
- Nuts or nut butter
- Unsweetened yogurt
- Cheese cubes
- Cottage cheese



# SNACKS TO FUEL Your Brain

Everyone is hungry and time is limited.

Try some of these quick snacks that require little prep time!



- **Veggies and Dip:** Baby carrots, cucumber slices, red pepper slices, broccoli, cherry tomatoes, snap peas, or celery sticks served with hummus, salad dressing, or other dip.
- **Vegetable Sticks with Spread:** Celery or carrot sticks topped with nut butter or cream cheese (add some raisins to make 'ants on a log'!)
- **Snack Kabobs:** Veggie or fruit chunks skewered onto thin pretzel sticks.
- **Sweet Potato Fries:** Baked sweet potato wedges, tossed lightly with olive oil and salt.
- **Cottage Cheese or Yogurt with Fruit and/or Granola:** Try using fresh grapes, frozen berries, or canned peaches or pineapple.
- **Mini Bagel with Spread:** Try cream cheese, nut butter, or hummus.
- **Apple Treats:** Sprinkle apple chunks with cinnamon and/or raisins or granola, then mix in some nut butter.
- **Chips and Salsa:** Use whole grain baked pita chips or baked tortilla chips. Also try out bean dip instead.
- **Taco Roll-Up:** Small whole wheat tortilla rolled with cheese, beans, and salsa.
- **Turkey Roll-Up:** Turkey slice rolled up with cheese.
- **Mini Pizzas:** Top pita bread or half of a whole wheat English muffin with tomato sauce, cheese, and chopped vegetables and toast until cheese is melted.

continued



# even QUICKER SNACKS for Healthy Kids

## For even quicker snacks, try these!

- **Whole Fruit:** Grapes, apples, bananas, etc.
- **Fruit Salad:** Store-bought fresh fruit, unsweetened canned fruit, or snack cup.
- **Frozen Fruit:** Berries, mango, you can even freeze grapes.
- **Dried Fruit:** Look for unsweetened varieties and keep it to a handful.
- **Apple Sauce:** Unsweetened.
- **Nuts:** Such as almonds, walnuts, cashews, or mixed nuts; keep it to a handful.
- **Cheese:** One string cheese or 2 slices of cheese.
- **Granola/Fruit Bar:** Look for whole grain bars that are low in sugar.
- **Cereal:** Choose whole grain cereals like Cheerios, Multigrain Chex, and Shredded Wheat.
- **Trail Mix:** Made with nuts, seeds, granola, and/or dried fruit; keep it to a handful.
- **Popcorn:** 2-3 cups popped.

- **Fruit Smoothies:** Store-bought or homemade with fresh or frozen fruit and milk or yogurt.
- **Pretzels:** A handful served with a spoonful of hummus or nut butter.

### Let's not forget about beverages.

Reach for some of the suggestions below the next time you provide beverages!

- **Water**
- **Milk**
- **Seltzer water** with a splash of 100% fruit juice

### Try making yummy infused water

Just add fruit (think berries, melons, citrus fruit, kiwi, etc.) and/or vegetables (like cucumber, celery or carrot), and/or fresh herb leaves (like thyme, mint, cilantro, or parsley). Mix and match and let it sit a few hours in the fridge to let the flavors infuse.

# FOOD DONATIONS

**Healthy or unhealthy? It's not always straightforward. Baked goods may include whole grains but still be high in sugar. Trail mix may include both nuts and candy. Use your best judgement to decide which foods your program will accept. Feel free to contact your Let's Go! Coordinator for guidance!**



It's hard to say "No, thanks" to free food. Snacks and meals may be one of your program's biggest expenses, and it's always exciting when a local business offers to donate food. Some food donations are healthier than others, and accepting unhealthy food donations does not benefit your kids or your program.

**To avoid receiving unhealthy food donations, provide a list of foods your program does and does not accept as donations. For example:**

**Healthy Choices**

**Our Program Accepts**

- Fruits
- Vegetables
- Whole grain foods
- Protein sources (eggs, dairy, fish, poultry)
- Nuts
- Water

**Unhealthy Choices Our**

**Program Does Not Accept**

- Candy
- Cookies
- Cakes
- Chips
- Soda

**If you receive an unhealthy food donation:**

- **Thank the business for their generous offer** and let them know that you recognize the importance of partnering with the community to keep kids well-fed.
- **Explain that your program participates with Let's Go!, a statewide program to increase healthy eating, and has agreed to limit unhealthy choices and provide healthy meals and snacks.**

In compliance with this agreement, you are unable to serve [unhealthy food donation item] at your program.

- **Express interest in partnering in the future.** Suggest some healthy food items you would accept. Request that the business contact you next time a healthy food donation is available.



# THIS <sup>VS</sup> THAT

FOR SNACKS

Kids are often hungry for snacks after school and throughout the day. Here are some examples of healthier snacks that will fuel their energy, not drain it away.



## SERVE THIS:

✓ Popcorn



✓ Whole grain crackers



✓ Whole wheat pita



✓ Dried fruit



✓ Yogurt



✓ Trail mix



✓ Fruit smoothie



## INSTEAD OF:

✗ Goldfish



✗ Ritz crackers



✗ Pretzels



✗ Fruit snacks



✗ Pudding



✗ Chex mix



✗ Ice cream



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# IDEAS FOR HEALTHY FOODS FOR CELEBRATIONS

If you are going to have food at your celebrations, make it count with a healthy choice!

Try some of these foods at the next celebration.



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- **Fruit and Cheese Kabobs:** Put grapes, melons, cheese cubes, and berries onto a wooden kabob stick.
- **Make Your Own Trail Mix:** Provide bags of granola or whole grain dry cereal, dried fruit, and nuts for students to make their own trail mix.
- **Fruit Smoothies:** Bring a blender, frozen fruit, and yogurt to your next celebration.
- **Yogurt Parfaits:** Layer granola, fruit, and yogurt in plastic cups. Provide on a tray covered with plastic wrap or let the kids make their own.
- **Assorted Fruit Platter:** Arrange chunks and slices of fruit on a tray; to make it even more fun, use a hollowed out watermelon half.
- **Veggie and Dip Platter:** Baby carrots, cucumber slices, red pepper slices, broccoli, cherry tomatoes, snap peas, or celery sticks served with hummus, salad dressing, or other dip.
- **Vegetable Sticks with Spread:** Celery or carrot sticks with nut butter or cream cheese. Top with raisins for an old favorite – ants on a log!
- **Snack Kabobs:** Veggie or fruit chunks skewered onto thin pretzel sticks.
- **Sweet Potato Fries:** Baked sweet potato wedges, tossed lightly with olive oil and salt.
- **Cottage Cheese or Yogurt with Fruit and/or Granola:** Try using fresh grapes, frozen berries, or canned peaches or pineapple.
- **Apple Treats:** Sprinkle apple chunks with cinnamon and/or raisins or granola, then mix in some nut butter.
- **Chips and Salsa:** Use whole grain baked pita chips or baked tortilla chips. For something new, try bean dip instead of salsa.
- **Taco Roll-up:** Small whole wheat tortilla rolled with cheese, beans, and salsa.
- **Turkey Roll-up:** Turkey slice rolled up with cheese.
- **Mini Pizzas:** Top pita bread or half of a whole wheat English muffin with tomato sauce, cheese, and chopped vegetables and toast until cheese is melted.
- **Mini Bagel with Spread:** Try cream cheese, nut butter, or hummus.

# PRESENT FRUITS AND VEGTABLES IN **FUN** AND **CREATIVE** WAYS

Kids are more likely to eat fruits and vegetables when you present them in fun, creative ways.

the  
**sky**  
is the  
limit!

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Photos courtesy of Lots of Tots Child Care in Princeton, PenBay YMCA in Rockport, Maine and The Playroom Child Care Center in Warren, Maine.

Ideas for

# NON-FOOD CELEBRATIONS

We know that celebrations are often associated with foods like cakes, cookies, and other sugary treats. But it's important to show kids that they can have fun and celebrate without all the sugar. Non-food celebrations can be some of the most fun and popular ways to honor a holiday or special event. Try some of these fun-filled ideas the next time you want to celebrate!

- Play special games or do themed crafts or projects.
- Donate a plant or packet of seeds that the kids could plant and grow together.
- Ask kids to bring in small items for a trading event, such as pencils, stickers, or erasers.
- Have a dance party.
- Bring in special guests to read a story or lead an activity.
- Have a scavenger hunt.
- Stock a surprise box for each child to choose something from.
- Eat snack outside.
- Set up an obstacle course.
- Host a brainteaser competition.
- Play special music.



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# HEALTHY SNACK IDEAS

healthy  
snacks  
help  
kids  
grow!

Dear Families,

As a part of our efforts towards supporting health and wellness, we encourage kids to bring healthy snacks to our program. Healthy snacks help kids maintain energy throughout the day and help ensure they are ready to learn and play. We want your kids to be the healthiest they can be!

Here are some healthy snack ideas to fuel your kids:

- **Turkey or Ham Roll-Ups:** Sliced turkey or ham rolled up with cheese
- **Snack Kabobs:** Veggie or fruit chunks and cheese cubes skewered onto thin pretzel sticks
- **Cottage Cheese or Yogurt with Fruit and/or Granola:** Try using fresh grapes, frozen berries, or canned peaches or pineapple
- **Crackers with Nut Butter or Hummus**
- **String Cheese**
- **Veggies and Dip**
- **Trail Mix:** Whole grain cereal (e.g. Cheerios, Mini-Wheats, Wheat Chex) mixed with dried fruit (e.g. raisins, cranberries, apricots) and nuts
- **Baked Tortilla Chips with Hummus or Salsa and Guacamole**
- **Fresh Fruit:** Apples, cherries, grapes, bananas, pears, oranges...fruit is nature's portable, ready-to-eat snack!

Our efforts are supported by Let's Move Pittsburgh, a program of Phipps Conservatory and Botanical Gardens that works where children and families live, learn work, and play to help make the healthy choice the easy choice. Let's Move Pittsburgh encourages families to adopt the 5-2-1-0 message:

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

\*Keep TVs/computers out of the bedroom. No screen time under the age of 2.



This program is adapted from  
Let's Go! [www.letsgo.org](http://www.letsgo.org)

For more information about Let's Move Pittsburgh, visit [letsmovepittsburgh.org](http://letsmovepittsburgh.org). Thank you for joining us in our commitment to healthy kids!

Sincerely,

Letter to Families

# HEALTHY FOODS FOR CELEBRATIONS

fun +  
healthy  
go hand  
in hand!



This program is adapted from  
Let's Go! [www.lets-go.org](http://www.lets-go.org)

Dear Families,

We love to celebrate! Celebrations provide a perfect opportunity to role model how fun and healthy eating go hand-in-hand! As a part of our efforts towards health and wellness, our program is committed to hosting healthy celebrations. If you choose to send in food for a celebration, let's make it count with healthy choices!

## Fun, tasty options include:

- **Fruit and Cheese Kabobs** – Put grapes, melons, cheese cubes, and berries onto a wooden kabob stick.
- **Make Your Own Trail Mix** – Provide bags of granola or whole grain dry cereal, dried fruit, and nuts for students to make their own trail mix.
- **Fruit Smoothies** – Show up at snack time with a blender, frozen fruit, and yogurt! (Be sure to make arrangements with us first.)
- **Yogurt Parfaits** – Layer granola, fruit, and yogurt in plastic cups. Send in on a tray covered with plastic wrap; OR send in the ingredients, cups and spoons and let the kids make their own parfaits.
- **Vegetable or Fruit Platters with Dip**

Our efforts are supported by Let's Move Pittsburgh, a program of Phipps Conservatory and Botanical Gardens that works where children and families live, learn work, and play to help make the healthy choice the easy choice. Let's Move Pittsburgh encourages families to adopt the 5-2-1-0 message:

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\*Keep TVs/computers out of the bedroom. No screen time under the age of 2.

For more information about Let's Move Pittsburgh, visit [letsmovepittsburgh.org](http://letsmovepittsburgh.org). Thank you for joining us in our commitment to healthy kids!

Sincerely,

# Sign-up Sheet for a HEALTHY PARTY



Dear Parents and Families,

We're having a party to celebrate \_\_\_\_\_!

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Number of Kids: \_\_\_\_\_

Please sign up for one of the choices below to indicate what you will bring or send in.

## **Fruit item**

*(Ideas: fruit kabobs, fruit salad, whole fruit,  
cut fruit, dried fruit, fruit smoothie)*

Name: \_\_\_\_\_

Name: \_\_\_\_\_

## **Vegetable item**

*(Ideas: veggie platter with dressing or hummus,  
veggie kabobs, carrot sticks, pepper slices):*

Name: \_\_\_\_\_

Name: \_\_\_\_\_

## **Whole-grain item**

*(Ideas: whole-grain pretzels with mustard dip,  
mini whole-grain bagels with cream cheese,  
whole-grain pasta salad)*

Name: \_\_\_\_\_

Name: \_\_\_\_\_

## **Protein item**

*(Ideas: yogurt, cottage cheese, string cheese,  
bean salad, hummus with crackers)*

Name: \_\_\_\_\_

Name: \_\_\_\_\_

## **Healthy drink**

*(Please choose from: water, seltzer,  
water infused with fruit, milk)*

Name: \_\_\_\_\_

Name: \_\_\_\_\_

## **Paper Plates**

Name: \_\_\_\_\_

## **Cups**

Name: \_\_\_\_\_

## **A craft you will lead the group in**

Name: \_\_\_\_\_

## **A game you will lead the group in**

Name: \_\_\_\_\_

**Thank you for helping us make our program's celebrations healthier and more fun!**

# COOKING WITH KIDS



When it comes to cooking, kids can help out every step of the way. Kids are more likely to try foods they helped prepare. Try these tips to involve kids in food selection, food preparation, and kitchen clean up.

## Food Selection

- Give kids a list of healthy meal and snack options, then allow them to help create menus for your program using foods from the list.
- Conduct taste tests (see handout in this section of the toolkit) and incorporate the most popular foods into your program menus.
- Serve do-it-yourself meals and snacks with multiple healthy fixings to choose from. For example, a taco bar, make-your-own personal pizza, yogurt and fruit bar, or build your own trail mix.

## Food Preparation

- Help kids use math and reading skills to follow recipes and measure out ingredients.
- Promote development of self-esteem and a sense of accomplishment by letting them take home some of the food they helped prepare to share with their families.
- Check out the **Safely Working with Kids in the Kitchen** handout in this section of the toolkit for tips to help kids build kitchen skills.

## Kitchen Clean Up

- Assign kids different clean up tasks:

### Younger kids can:

- Clear the table
- Push in chairs
- Wipe tables and counters
- Sweep floors

### Older kids can:

- Pack up and put away leftover food
- Wash, dry, and put away dishes
- Mop floors

Have you heard of ChopChop magazine? It's a great resource for bringing fresh ideas, recipes, and fun to your cooking activities! [www.chopchopmag.org](http://www.chopchopmag.org)



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# SAFELY WORKING WITH KIDS IN THE KITCHEN

Let kids know you are here to help! After demonstrating a skill, tell them you will come around and offer suggestions or lend a hand when needed. Use these tips to help kids safely build their skills.

## Chopping

- Use sharp knives only when working with kids who have the motor skills to use them safely (typically fourth grade and up). Plastic knives, table knives, or pizza cutters can be used by younger kids to cut a wide range of foods.
- The first few times you help kids chop foods, stand behind them and guide their hands with yours.

## Grating

- Help kids by placing one of your hands against the grater and your other hand over their hand holding the food.
- Watch their fingers carefully so that they don't get cut or scraped.

## Stirring and Mixing Ingredients

- Help kids stir thicker mixtures by placing your hand over their hand that's holding the spoon. Hold the bowl with your other hand.

## Cracking Eggs

- Many kids will need assistance cracking eggs, until they get the hang of it. Show them how to gently tap the shell to crack the surface and use their thumbs to pull apart the shell.
- Have kids crack each egg into a separate bowl. Help them check for shell pieces before adding each one to a larger bowl.

## Rinsing Fresh Produce

- Rinsing is a great task for all ages, but you may need to help with extra-dirty greens or heavier items.

## Measuring

- Introduce kids to measuring by showing them how to pour out ingredients you've already measured.
- Let them build confidence by measuring small amounts of dry ingredients before moving to wet ingredients.

## Peeling

- Show older kids how to safely angle a peeler downward to remove the skins from fruits or vegetables.
- With foods like oranges and onions, get kids started by lifting a piece of the skin so they can easily peel off the top layer by hand.

## Squeezing Citrus

- Cut citrus fruits into wedges and remove seeds, so that kids can help squeeze out the juice. To make citrus fruit easier to juice, heat in the microwave for 15-20 seconds or roll the fruit on a counter or cutting board for 15 seconds before slicing.

**!** Before you begin your activity, review basic hand washing rules with kids (e.g., use warm, soapy water; wash for 20 seconds; re-wash hands if you touch hair or skin, use the bathroom, etc.). Have them wash hands before introducing them to any foods. Be sure they are supervised by an adult.



For more information visit [cookingmatters.org](https://cookingmatters.org)

Thanks to Cooking Matters for providing this resource to guide safely working with kids in the kitchen!

# FAMILY STYLE MEALS AND SNACKS

**Having kids sit together and serve themselves often leads choosier eaters to be more likely to accept and try new foods!**

When you provide food to kids, you have an opportunity to influence their eating behaviors by the types of foods you offer and by how you offer them. Serving family style meals and snacks can create a supportive, encouraging, and healthy mealtime environment that exposes kids to healthy foods and helps kids learn to enjoy them.

## What are Family Style Meals and Snacks?

In this style of dining, food is placed on the table in serving bowls and kids are encouraged to serve themselves. Caregivers sit at the table and eat with the kids to help model proper manners.

## Why does this matter?

Family style meals help kids develop:

- Self-esteem
- Social skills
- Table manners
- Independence



## Tips for successful Family Style Meals and Snacks:

- Let kids help from start to finish. This includes preparing the food, setting the table, serving themselves, and cleaning up.
- Encourage (but never force) kids to take a little of everything. Help them understand appropriate serving sizes.
- Talk about the taste, smell, look, and feel of food. Family style meals are a great time to teach new vocabulary and help kids learn to appreciate and savor their food.
- Keep the conversation light and positive. This keeps the mealtime enjoyable and helps ensure kids will look forward to the next meal together.

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# STARTING A GARDEN

**At the end of the day, gardens succeed because people are committed, and the garden is integrated into the day as much as possible.**

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Content contributed by Adam Burk, Program Coordinator for Sustainable Community Health, Communities Putting Prevention to Work, PROP-People's Regional Opportunity Program. He holds a master's in education for sustainability from Goddard College.

One of the most important questions we can help kids answer is, **“Where does our food come from?”** Perhaps the best tool to help us explore this topic is a garden. Due to rising popularity, we have more and more knowledge about what's working in school and community gardens across the country and Maine. Here are some tips to help make your garden adventure a success.

## Form a team

- Don't do this alone; get a team together that might include staff, parents, community volunteers, kids, etc.
- Designate someone as the garden coordinator to keep things moving forward. This position can rotate among team members.

## Plan your garden

- Dream! Explore your program space—think about parking lots, roof tops, lawns, and even indoor space. Remember, you can grow food anywhere!
- Make friends with your facilities director and crew! They're the ones who can tell you the best locations, ensure water access, and help order supplies.
- Draw pictures; come up with a master plan. If you are planning a major garden, you may want to get a professional landscape architect or permaculture designer to help you with this process. Your local Cooperative Extension office can help with free workshops and materials.
- Build a budget. Consider contacting local businesses to ask how they might support your garden—they may be excited to provide supplies or cash. Or search the web for grant opportunities (e.g. [www.kidsgardening.org](http://www.kidsgardening.org)).
- If your budget is small, start small, maybe with just a few container gardens. Never lose sight of the big picture, but you have to start somewhere!
- Things you will absolutely want to have are:
  - Good soil (get it tested if you are going to grow in the ground).
  - At least six hours of sunlight.
  - A water source.
  - A tool shed.
- Plan for year-round maintenance! Schedule team members and/or recruit others to help with different maintenance tasks while your program is not in session. Make friends with a farmer to consult with as problems arise.

## Enjoy your garden!

- Use your harvested food for meals and snacks, send it home with children, or donate to pantries.
- Integrate gardening activities into your program (e.g. let kids pull weeds during outdoor time).
- Above all else, have fun!



[www.lets-go.org](http://www.lets-go.org)

Hold a

# 5-2-1-0 POSTER CONTEST

Holding a 5-2-1-0 poster contest can create excitement around and bring attention to your Let's Go! efforts.

Students at Portland's Deering High School, with the leadership of school nurse Kristin Johnson, participated in a 5-2-1-0 poster contest. Students were encouraged to design a poster based on the 5-2-1-0 message and the winning design by Senior Andrea Rogers was screen printed onto t-shirts! See a selection of the entries below:



Runner-Up: Francesco Marabito, 10th Grade



Runner-Up: Cooper Nadeau, 10th Grade

## Hold a poster contest of your own!



Runner-Up: Jazmin Gandia, 12th Grade



Winner:  
Andrea Rogers,  
12th Grade



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## Contact us

- Phone: (412) 362-4769 x115
- Email: [grc@growpittsburgh.org](mailto:grc@growpittsburgh.org)
- Website: [www.growpittsburgh.org/garden-resource-center](http://www.growpittsburgh.org/garden-resource-center)
- Inventory: <https://growpittsburgh.myturn.com/library>
- Address: 147 Putnam Street, Pittsburgh, 15206



## Hours



Interested in becoming a Grow Pittsburgh member? In addition to a discount at the GRC and free gardening workshops, a Grow Pittsburgh membership supports our mission. For more information, please contact our Office and Membership Manager: [christina@growpittsburgh.org](mailto:christina@growpittsburgh.org). Our mission is to teach people how to grow food and promote the benefits gardens bring to our neighborhoods.



# GARDEN RESOURCE CENTER



## A Tool-Lending Library & Garden Supply Depot



A project of Grow Pittsburgh since 2013, the Garden Resource Center (GRC) serves residents of Allegheny County by reducing barriers to growing food while strengthening urban garden communities.

# How the GRC can help you

Do you need to build a fence, break new ground at your garden, cover crop a small area, or test your soil?

We loan a variety of tools for gardening, farming, landscaping and tree-tending!

## Bulk Gardening Materials

- Soil
- Wood Chips
- Straw
- Cardboard
- Compost
- Row Covers

## Tools

- Power Tools
- Carpentry Tools
- Tillers
- Hand Tools

## Additional Resources

- Organic Soil Amendments
- Organic Pest Control Supplies
- Cover Crop Seed
- Gardening Library

We regularly add new tools to our inventory. Visit the GRC in person or check the website for a full inventory list.

# How to sign up

## Eligibility

Bring proof that you are at least 18 years old and live in Allegheny County.

- Driver's Licence or State ID
- Utility Bill or Lease Agreement
- Download and fill out an application from the website. Or just come by the GRC and fill one out.

## Prices\*

Prices listed below are for one calendar year. Once paid, all of our rentals are completely free!

### Individual Gardener \$40

For backyard gardeners, individual community gardeners and small-scale businesses.

### Community Gardener \$80

For community gardens, community farms and food pantry gardens serving multiple community members.

- Scholarships available
- EBT/SNAP discounts available
- \$10 discount for Grow Pittsburgh members

## Late Fees\*

Most of our tools have a 1-week rental period. Late fees range from \$1-\$5 per item, per day.

\* prices and fees subject to change

Conduct

# TASTE TESTS



Taste tests allow kids to get excited about new foods. They can try different items, provide feedback, and ask questions. They are a fun and easy way to expose kids to foods they might not normally try or even have access to. You can also use taste tests as a way to involve kids in selecting foods for meals and snacks.



**To get started, contact the kitchen coordinator or whoever selects, purchases, and prepares food for snacks and meals at your program. Questions to explore together include:**

**WHAT IS THE PURPOSE OF A TASTE TEST?** Is it to expose kids to new fruits and veggies? To promote unpopular snack items? To highlight locally sourced food items?

- What will the taste test item(s) or recipe(s) be?
- How will taste test items be purchased and paid for?
- Who will prepare the taste test items?
- Where and when will the taste test be held?
- Are there student food allergies to be aware of?

---

**Coordinate volunteers, if needed.**

**Consider the size of your program—can you facilitate a taste test on your own or do you need some extra hands to pass out samples?**

---

**Once you have hammered out some details, consider how you will set up. There are different ways you can approach offering a taste test:**

**TASTING TABLE:** Have small groups of kids come up individually to a centrally located table to pick up their samples. Have them bring the samples back to their seats or try them right then and there.

**SERVE KIDS:** Walk around with samples and serve tables individually.

**Hear the kids' voices:**

**Give kids specific options for their voting:**

- Loved it, Liked it, Tried it OR I like it, It was OK, and No Thanks.
- Visuals work well for younger students who can't read: Thumbs Up, Thumbs in the Middle, Thumbs Down OR Smiley Faces.

Try This!

# 5-A-DAY BRACELETS

**5-A-Day bracelets are a visual tool to remind kids to eat their 5 fruits and vegetables every day.**

**Order Let's Go! jelly bracelets online by going to [www.letsgotoolkits.com](http://www.letsgotoolkits.com)**

## How to use 5-a-day bracelets:

- Ask kids to put all 5 bracelets on their RIGHT wrist each morning.
- Each time they have a serving of fruit or vegetables, they move ONE bracelet to their LEFT wrist.
- The goal is to have all 5 bracelets on their LEFT wrist by the end of the day!

## What counts as a 5-a-day serving?

- 1 medium-sized piece of fruit
- 1 cup raw, leafy salad
- ½ cup chopped fresh or canned fruit
- ½ cup cooked or canned vegetables
- ¼ cup dried fruit (raisins, dried apricots, etc.)
- ½ cup cooked beans or peas



**This is a fun activity that can last for a whole week or even a month! Staff can participate too!**

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# CASH **WITHOUT** CALORIES!

healthy  
kids **learn**  
**better**

Research clearly demonstrates that good nutrition is linked to better behavior and academic performance.

Finding alternatives to unhealthy fundraisers like bake sales will promote healthier environments for kids. Select and use your favorite healthy fundraising ideas from the list below!



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- Balloons
- Bath bouquets
- Batteries
- Books
- Brick, stone, or tile memorials
- Bumper stickers, decals
- Buttons, pins
- Calendars
- Candles
- Christmas trees
- Coffee cups, mugs
- Cookbooks
- Crafts
- Coupon books
- Customized stickers
- Emergency kits for cars
- First aid kits
- Flowers and bulbs
- Foot warmers
- Fruit and nut baskets
- Giant coloring books
- Gift baskets
- Gift certificates
- Gift wraps, boxes, and bags
- Greeting cards
- Hats, scarves, gloves
- Holiday ornaments
- Holiday wreaths
- House decorations
- Jewelry
- Logo air fresheners
- Magazine subscriptions
- Megaphones
- Monograms
- Music, videos, CDs
- Newspaper space, ads
- Pet treats, toys, and accessories
- Plants
- Preferred parking space
- Raffle donations
- Read-A-Thon
- Science fair
- Sell/rent wishes
- Souvenir cups
- Spelling bee
- Spirit, seasonal flags
- Sporting event tickets
- Stadium pillows
- Stationary
- Stuffed animals
- T-shirts, sweatshirts
- Temporary or henna tattoos
- Tupperware
- Valentine's Day flowers

continued



### Physically active fundraisers

- Fun walks or runs
- Dances
- Family obstacle course
- Golf or tennis tournaments
- Staff-student competitions
- 30 day fitness challenges

### Additional healthy fundraising ideas

- Lawn mower, snow blower tune-ups (staff and kids provide the service)
- IT support for elders (staff and kids provide the service)
- Salt bag delivery and application for water softeners (kids provide the service)
- Hold a garage sale (ask parents for donations)

start  
a new  
trend!

### Additional resources

- *Smart Fundraising for Healthy Schools* Webinar and Resources. Action for Healthy Kids.  
[www.actionforhealthykids.org/component/content/article/19-resource-clearing-house/1379-smart-fundraising](http://www.actionforhealthykids.org/component/content/article/19-resource-clearing-house/1379-smart-fundraising)
- *Non-Food Ways to Raise Funds and Reward a Job Well Done*. Texas Department of Agriculture, 2004.  
[www.squaremeals.org/Portals/8/files/publications/Non%20Food%20Ways%20to%20Reward.pdf](http://www.squaremeals.org/Portals/8/files/publications/Non%20Food%20Ways%20to%20Reward.pdf)
- *Sweet Deals: School Fundraising Can Be Healthy and Profitable*. Center for Science in the Public Interest, 2007.  
[www.cspinet.org/schoolfundraising.pdf](http://www.cspinet.org/schoolfundraising.pdf)

Adapted with permission from *Healthy Fundraising* by the Connecticut State Department of Education, [www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/healthyfund.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cf/healthyfund.pdf)

# SPORTS AND SNACKS

## Hold the sports drinks!

Unless kids are vigorously exercising for at least 60 minutes or more, they don't need a sports drink. Fresh fruit has everything kids need to refresh after a practice or game! Serve alongside bottles of water for reenergized kids!

Many students are involved in sports to get physical activity and be healthy. Yet, they often overestimate how much energy they're actually burning during practices and games. Student athletes frequently get unhealthy food and drinks when they participate in organized sports—foods that provide far more energy than student athletes actually burn.

Two common sources of unhealthy foods are the concession stand and the snack items provided by families after games or practices. Our student athletes need healthy foods to support them in getting strong and learning new skills.



## To help the athletes on your school's sports teams fuel their body with healthy food, try out the tips below!

- Ask your child's coach to set a fruit-only snack policy and offer to help spread the word.
- Role model: Bring healthy choices when it's your turn.
  - Any fresh fruit works great as an after practice or game treat. Consider: watermelon slices, orange slices (a classic favorite!), berries, melon, pineapple chunks, cherries, or grapes.
  - No time to wash and cut up fruit? Just reach for whole fruit! For example: bananas, apples, peaches, or clementine oranges.
  - Bring bottles of water to help kids rehydrate.

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## Guidelines for a

# HEALTHY FIELD TRIP

### Field trips are the best!

Kids and staff look forward to these special days to visit new places and try new things. But when you leave your program site, you also leave behind the healthy environment you have worked hard to create.

It is important that your program continues to support healthy habits even when you bring kids off-site. Here are some tips to ensure your field trip is a healthy field trip.

### Bring chaperones up to speed

If new adults are joining your program for the day, inform or remind them that your program participates with *Let's Go!*. Review the 5-2-1-0 message and the 10 Strategies for Success, and briefly explain how your program implements the strategies.

### Get families involved

Encourage families to pack healthy lunches for their kids by sending home the **Healthy Brown Bag Lunches** handout in this section of the toolkit.



### Keep kids hydrated

Make sure each child is carrying a water bottle or has access to water all day.

### Encourage healthy choices

If kids will have access to a concession stand selling unhealthy foods and beverages, prep kids to make healthy choices by discussing healthy options and moderation before the field trip.

### Connect with the community

Take this opportunity to work on Strategy 7 and engage a community partner to help support healthy eating and active living! Whether your field

trip is to a museum, a water park, or a botanical garden, let the organization know you participate with *Let's Go!* and see how they can help.

### Tie it all together

When you return to your program site, or even on the bus ride home, ask kids how the field trip connected to each part of the 5-2-1-0 message. Depending on the field trip, this may require some creative thinking!

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# 5

# EAT AT LEAST FRUITS + VEGETABLES EVERY DAY

## REDY'S RULES

### Try it!

- Try fruits and veggies different ways and try at least a couple of bites each time. It can take 7 to 10 tries before you like a new food, so be open to trying again and again. It may become your new favorite!
- Many fruits and veggies taste great with a dip or dressing. Try salad dressing, yogurt, nut butter, or hummus.
- Aim to have at least one veggie at every meal.

### Mix it!

- Add veggies to foods you already make, like pasta, soups, casseroles, pizza, rice, omelets, tuna fish salad etc.
- Add fruit to your cereal, pancakes, and chicken salad.
- Make a fruit smoothie with yogurt.

### Slice it!

- Keep washed and chopped veggies and fruits in the fridge so they are ready to grab and eat.
- Have fresh fruit with cheese wedges as a dessert.
- Make fruit or veggie kebabs for parties.
- Most people prefer crunchy foods over mushy ones. Enjoy vegetables fresh or lightly steamed, and avoid overcooking.

### Did you know?

A diet rich in fruits and vegetables provides vitamins, minerals, and phytonutrients, important for supporting growth and development, and for optimal immune function.

#### What is a serving?

Young Children

- Size of the palm of their hand

Adolescents and Adults

- A whole fruit the size of a tennis ball
- 1/2 cup of chopped fruit or veggies
- 1 cup of raw, leafy greens
- 1/4 cup of dried fruits

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# Healthy Shopping on a Budget

---

5 or more  
fruits &  
vegetables  
every day

**PLAN AHEAD:** On the weekend, plan three – four healthy dinners for the upcoming week. Make extra that can be eaten as leftovers on busy nights.

**USE WHAT YOU HAVE:** Search your pantry, fridge and freezer and take note of what's on hand.

**MAKE A LIST:** Make a list of what you need and stick to it.

**LOOK FOR SALES:** Use store flyers to plan your menu around what fruits and vegetables are on sale.

**TRY CANNED OR FROZEN PRODUCE:** Canned or frozen fruits and vegetables keep for a long time and may be less expensive per serving than fresh. Look for items made with no added sauces or sugar, or that are labeled either "low sodium," "no salt added" or "in 100% juice."

**SHOP IN SEASON:** Buying fruits and vegetables in season generally means your food not only tastes better but also costs less. Check out your local farmers' market or look for farm stands in your community. Use *Edible Allegheny's* Farmers' Market Guide to find a market near you.

**GO GENERIC:** Store brands on average are up to 28 percent cheaper and their quality is usually the same or better than name brand products.

**BUY IN BULK:** Buy in bulk when foods are on sale. Frozen and canned fruits and vegetables and some fresh items (like carrots and apples) will last a long time. If you have storage space, save money by stocking up on the foods you eat more often.

**SHOP THE PERIMETER:** Spend most of your grocery budget on foods around the outside of the store, like fruits, vegetables, low-fat dairy and lean protein. Limit your shopping in the middle aisles to staples like whole wheat pasta, rice, canned tuna and almond or peanut butter.

**COMPARE UNIT PRICES:** Use the unit price to compare similar products. This will help make sure you are getting the best deal. The unit price is the cost per a standard unit (often in ounces or pounds) and is usually found on a sticker on the shelf beneath the item. For example, a unit price may read as "\$0.16 per oz."

**DON'T SHOP HUNGRY:** People who shop when they are hungry or stressed not only tend to buy more food but also buy more unhealthy items.

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# UNDERSTANDING FOOD LABELS

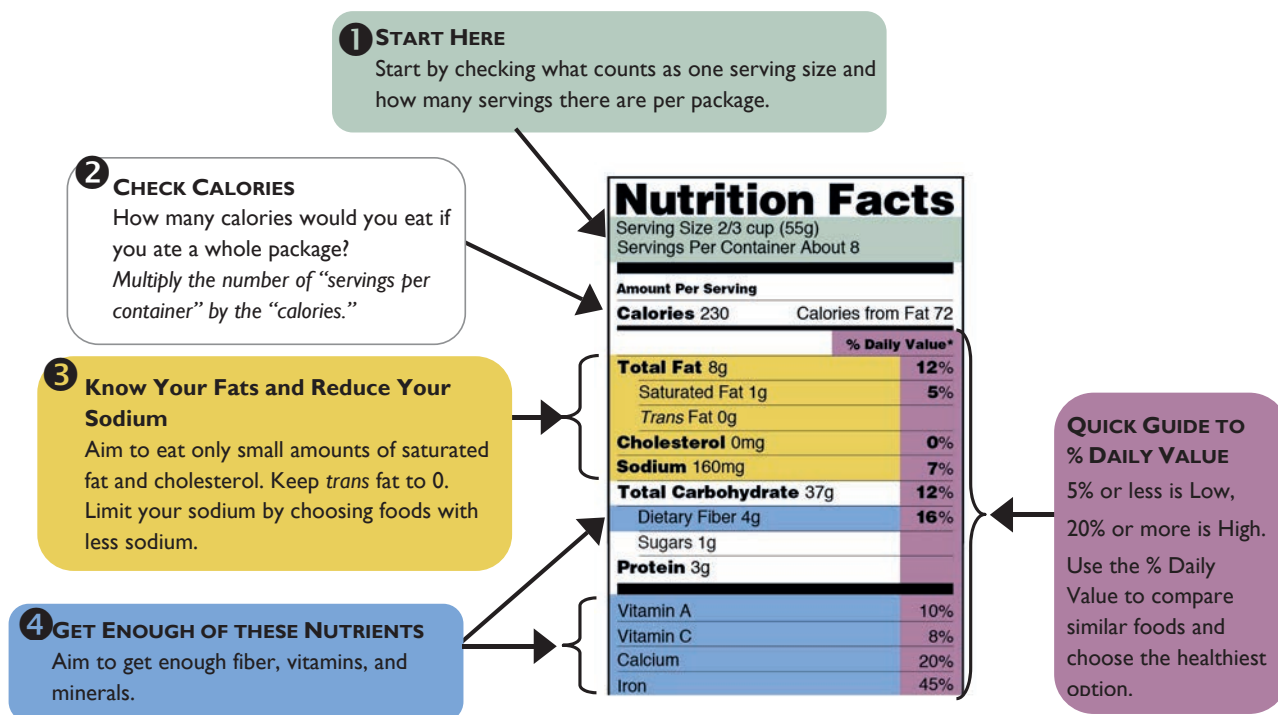
For more  
information visit  
<http://www.fda.gov/>  
and search  
“Food Labeling”

## What can I use the Nutrition Facts label for?

- Getting a general idea about how healthy a food is.
- Figuring out what counts as one serving and how many calories are in each serving.
- Comparing two similar products to choose the healthiest option.

## Watch out for these common misconceptions:

- Assuming “sugar-free” or “fat-free” means a product is low calorie or healthy; it’s not true!
- Buying something because it says “organic,” “natural,” “multi-grain,” or has some other “healthy” claim. These statements do not necessarily mean a product is good for you.
- Assuming that a package or bottle is only one serving. Many beverage bottles and packages of chips, cookies, and candy are actually 2 or 3 servings!



# Seasonal Food in Pittsburgh

5 or more  
fruits &  
vegetables  
every day

Use this simple guide to purchase fruits and vegetables while they are in season!

## JANUARY

apples  
celery  
lettuce  
mushrooms  
potatoes  
turnips

## FEBRUARY

apples  
celery  
lettuce  
mushrooms  
potatoes  
turnips

## MARCH

apples  
lettuce  
mushrooms  
potatoes

## APRIL

apples  
asparagus  
lettuce  
mushrooms  
potatoes  
spinach  
tomatoes

## MAY

apples	spinach
asparagus	tomatoes
cabbage	
lettuce	
mushrooms	
onions	
peas	
radishes	

## JUNE

apples	lettuce
asparagus	mushrooms
beets	onions
broccoli	peas
cabbage	radishes
cauliflower	summer squash
celery	strawberries
sweet cherries	tomatoes

## JULY

apples	tart cherries	radishes
lima beans	sweet cherries	raspberries
snap beans	cucumbers	summer squash
beets	sweet corn	tomatoes
broccoli	eggplant	watermelon
cabbage	lettuce	
cantaloupe	mushrooms	
carrots	onions	
cauliflower	peaches	
celery	peppers	

## AUGUST

apples	peaches
lima beans	pears
snap beans	peppers
beets	plums
blackberries	potatoes
blueberries	radishes
cabbage	raspberries
cantaloupe	summer squash
carrots	sweet potatoes
celery	tomatoes
cucumbers	turnips
sweet corn	watermelon
eggplant	
lettuce	
mushrooms	
nectarines	
onions	

## SEPTEMBER

apples	nectarines
lima beans	onions
snap beans	peaches
beets	pears
blueberries	peppers
broccoli	plums
cabbage	potatoes
cantaloupe	pumpkins
carrots	raspberries
cauliflower	spinach
celery	summer squash
cucumbers	winter squash
sweet corn	sweet potatoes
eggplant	tomatoes
grapes	turnips
lettuce	watermelon
mushrooms	

## OCTOBER

apples	lettuce
lima beans	mushrooms
snap beans	pears
beets	peppers
broccoli	potatoes
cabbage	pumpkins
carrots	spinach
cauliflower	summer squash
celery	winter squash
sweet corn	tomatoes
eggplant	turnips

## NOVEMBER

apples  
beets  
broccoli  
cabbage  
carrots  
cauliflower  
celery  
lettuce  
mushrooms  
potatoes  
pumpkins  
winter squash  
tomatoes  
turnips

## DECEMBER

apples  
beets  
cabbage  
carrots  
celery  
lettuce  
mushrooms  
potatoes  
pumpkins  
winter squash  
tomatoes  
turnips

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# BREAKFAST IS BEST

**Keep it simple,  
but keep it delicious!**  
**You may like:**

- Oatmeal with cinnamon, applesauce, and a glass of milk.
- A waffle or pancake with blueberries.
- An English muffin with a slice of ham, egg, and cheese.
- A raisin bran muffin, a banana, and a glass of milk.

**Choose whole grains  
most of the time!**

## **Why eat breakfast every day?**

- It will give you the energy you need to start your day. It is “fuel” for the body!
- It can help you focus on work or school!
- It can help you feel and act your best!
- It can help keep you healthy!

**Try a variety of healthy foods! Find the ones YOU like!**

## **Not hungry in the morning? Start small...try:**

- A cup of yogurt (plain – add your own fruit).
- A piece of fruit such as a banana, orange, or apple.
- A bowl of cereal with milk.
- A slice of toast with nut butter and a glass of milk.
- Half of a toasted English muffin with a slice of cheese.
- Trail mix of raisins, nuts, and cereal.

boost your  
**energy**



and your  
**brain  
power!**

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# A MEAL IS A FAMILY AFFAIR

In such a busy world, mealtimes often revolve around our lifestyles. As a result of this, we miss meals or eat foods that are not the best for our bodies. **Did you know experts have found that kids who eat regularly with their families are more likely to eat fruits, vegetables, and whole grains?** So, no matter how busy life may seem, it's important to make family meals a priority.



## To get started, try some of these ideas:

- Choose a time when everyone can enjoy at least one meal together—it may be breakfast, lunch, or dinner.
- As the parent, you should decide what time meals are served and what the food choices are. Your children can then decide what and how much to eat of what's offered.
- Include your children in preparing the meal.
- Gather around the table for a meal and turn the TV and mobile devices off.
- Make the meal pleasant by keeping the conversation positive.
- Limit eating and drinking unhealthy snacks between meals.
- Role model the habits you want your children to develop.



together  
energy

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# FRUITS AND VEGETABLES ALL YEAR LONG!

# 5

**Eat at least five fruits  
and vegetables a day!**

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There's no reason not to have fruits and vegetables year-round. Here's why frozen or canned produce is a good choice:

#### For health:

- They're just as good for you as fresh fruit and vegetables – their nutrients are preserved in the canning and freezing process.
  - Choose fruit packed in their natural juice, not in syrup.
  - Choose canned vegetables that are salt-free. You can season to taste. If you have only have salted canned vegetables, rinse in water before preparing.

#### For savings:

- They cost less than fresh fruit and vegetables.

#### For convenience:

- They're always in season.
- You'll have lots of choices.
- They're easily stored.
- They're already washed and cut—ready for your favorite recipe!

#### Add frozen and canned vegetables to:

- Chili
- Soups or stews
- Stir-fry
- Pasta sauce
- Casseroles

Use canned black beans, corn, peppers, and onions to spice up a Mexican dish. Add chick peas or kidney beans to any salad.

#### Add frozen and canned fruits to:

- Smoothies
- Yogurt parfaits
- Plain yogurt
- Fruit salad
- Cereal
- Stir-fry (pineapple)

**Or simply use as a side dish!**

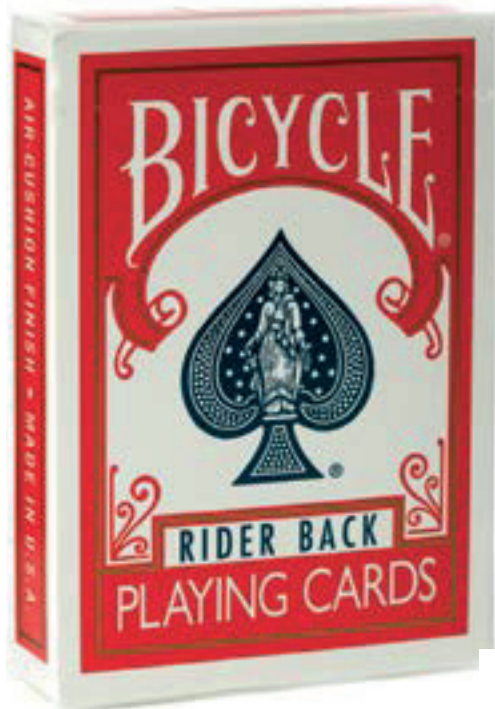
SOOOOOO cool!





# WHAT IS A HEALTHY PORTION?

Food portions are larger than ever these days—usually much more than we need. Choose your starting portion size by relating food to everyday items.



**A serving of meat, fish, or poultry is equal to a deck of cards.**



**A serving of fruit or vegetables is about the size of a tennis ball.**



**A serving of nut butter or salad dressing is about the size of a ping-pong ball.**



**For toddlers, the right portion size is the size of the palm of their hand.**

continued

## Use these tips to help keep your portions right-sized.

- Start with one portion of each food on your plate. If you are still hungry, you can always get more.
- Use the MyPlate model to create a balanced plate. Fill half of your plate with veggies (and/or fruit),  $\frac{1}{4}$  with protein, and  $\frac{1}{4}$  with starch, preferably a whole grain.
- Check the serving size on packaged foods for guidance on portion size.
- Eat your food while sitting down and using a plate or bowl. Avoid eating directly out of packages.
- Eat regularly throughout the day; this helps keep you from getting too hungry.
- Serve food on smaller plates.
- Serve meals from the stove. This can help you avoid eating more when you are no longer hungry.
- At restaurants, ask for a lunch-size portion, split your meal, or box up half to take home.
- Skip the “clean plate” club. Instead, start with smaller portions, savor your food, and eat until you are satisfied.
- Role model the behaviors that you want your children to develop.



no  
more  
clean  
plate  
club!

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# TIPS FOR A HEALTHIER DIET

Healthier foods are generally more “nutrient-dense.”

This means they provide lots of vitamins and minerals along with the calories they contain.

These foods are nutrient-dense and easy to include in your diet:

- Frozen fruits and vegetables
- Canned beans (rinse and drain well)
- Fresh fruit in season
- Whole grains in bulk
- Store brand whole-grain breakfast cereals

By choosing nutrient-dense foods like these, you can make sure your child’s calories count:

- Vibrant, deeply-colored fruits and vegetables
- Lean meat, skinless poultry, fish, eggs, beans, and nuts
- TIP:** The leanest cuts of meat end in “loin” or “round”
- Fiber-rich whole grain foods
- Milk, cheese, and yogurt

**Tips to help your family have a healthier diet:**

Are you looking to help everyone in your family eat healthier? Here are some ideas for how to successfully introduce new foods and improve the quality of your family’s diet.

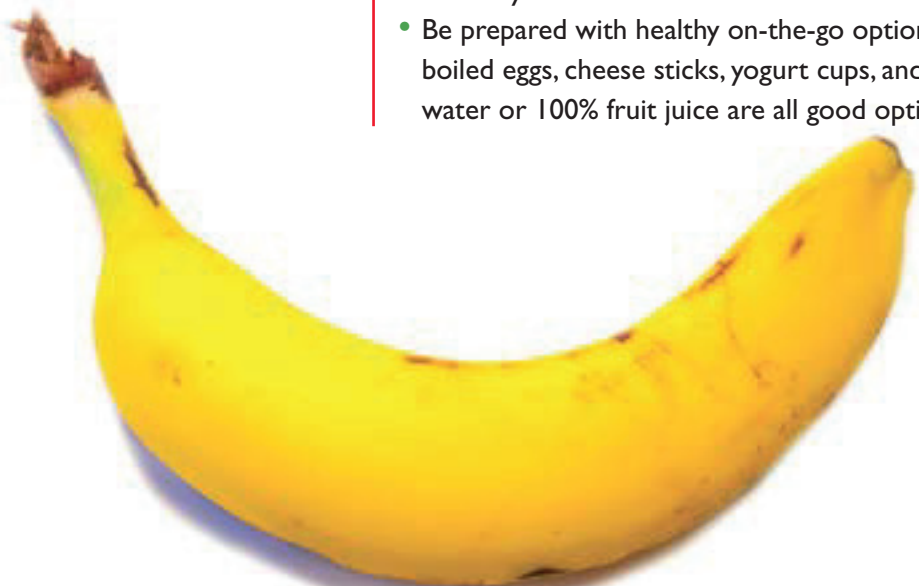
- Offer new foods over and over again. It can take many exposures to a food before a child is willing to try it.
- Offer less familiar foods alongside your child’s favorite foods to increase the chances they’ll try it.
- Mix more nutritious foods into less nutritious ones. For example, mix whole grain cereal into your child’s favorite cereal, plain yogurt into sugar-sweetened yogurt, and whole grain flour into your pancake mix.
- Make your own versions of favorite foods (e.g. pizza with whole wheat dough and veggies on top, baked ‘French fries’ tossed in olive oil and salt).
- Let the kids help you cook! They are more likely to try something they helped make.
- Have fresh veggies available for kids to snack on while they wait for dinner to be ready.
- Be prepared with healthy on-the-go options: whole or dried fruit, nuts, hard boiled eggs, cheese sticks, yogurt cups, and single-serve fruit cups canned in water or 100% fruit juice are all good options.

Adapted from The Fittest Food by Nutrition Works, LLC © 2008

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# Healthy Brown Bag Lunches

5 OR MORE  
FRUITS &  
VEGETABLES  
EVERY DAY

## MONDAY

- 1/2 cup low-fat cottage cheese
- 10–15 whole wheat crackers with 1–2 tbsp. almond, peanut or sunflower seed butter
- Assorted vegetables (e.g. tomatoes, sweet peppers, carrots, broccoli, etc.)
- Tea, coffee or water (caffeine-free for kids)

## TUESDAY

- 1/2 large or 1 mini whole wheat bagel
- 1–2 tbsp. almond, peanut or sunflower seed butter
- Apple or banana
- 6 oz. low-fat, low-sugar yogurt
- Tea, coffee or water (caffeine-free for kids)

## WEDNESDAY

- 6-inch whole wheat tortilla with 2–3 oz. turkey
- 1 oz. low-fat cheddar cheese
- 2 tbsp. hummus and assorted vegetables (e.g. tomatoes, sweet peppers, carrots, broccoli, sugar snap peas, etc.)
- Grapes
- 8–10 whole wheat pita chips or multi-grain tortilla chips
- Tea, coffee or water (caffeine-free for kids)

## THURSDAY

- Burrito made with 1/2 cup black beans, 1/2 cup brown rice, salsa and 2 tbsp. low-fat plain Greek yogurt on a 6-inch whole wheat tortilla (feel free to add any other vegetables you like on burritos like lettuce, onion and peppers, too)
- Orange
- Tea, coffee or water (caffeine-free for kids)

## FRIDAY

- 3–4 ounces grilled chicken on salad greens with assorted vegetables (e.g. tomatoes, sweet peppers, carrots, broccoli, sugar snap peas, etc.)
- 1 oz. feta cheese and 1–2 tbsp. oil-based or light creamy dressing
- 3 cups air-popped popcorn
- Tea, coffee or water (caffeine-free for kids)

See the next page for a shopping list!



## SHOPPING LIST

- Lean, low-sodium deli turkey
- Raw vegetables of your preference (e.g. tomatoes, sweet peppers, broccoli, sugar snap peas, etc.)
- 6-inch whole wheat tortillas
- Hummus
- Grapes
- Low-fat cottage cheese
- Whole wheat crackers (low-sodium)
- Whole wheat bagels (large or mini size)
- Almond or peanut butter
- Apples or bananas
- Low-fat, low-sugar yogurt (look for 20g of sugar or less per serving)
- Brown rice
- Black beans
- Salsa
- Low-fat plain Greek yogurt
- Orange
- Chicken
- Salad greens
- Feta cheese
- Oil-based or light creamy dressing
- Air-popped popcorn

Handling a

# “CHOOSY” EATER

**Often, choosy eating is a sign your child is growing up and becoming more independent.**

What seems “choosy” may just be your child’s first steps in learning to make decisions. Learn how to handle eating challenges and avoid conflict so meals don’t become a tug-o-war of control.

If you are concerned about your child’s weight or eating habits, consult your pediatrician.

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What do you do if your child refuses a whole meal because something they don’t like touched their plate? Or if they refuse to eat anything other than fruit and two days ago would only eat peanut butter sandwiches? Or maybe your child is not showing any interest in food at all!

These behaviors are not uncommon. Here are ten tips for handling a “choosy” eater to make meal times more pleasant again:

1. **Treat food jags casually.** A food jag is when a child eats only a certain food for a period of time. They usually do not last long.
2. **Look at what a child eats over several days,** instead of over one day or per meal. Most kids are eating more variety than you think.
3. **Trust your child’s appetite.** Forcing a child to eat more than they want can cause conflict and lead to overeating.
4. **Set reasonable time limits for the start and end of a meal** and then quietly remove the plate.
5. **Stay positive** and avoid criticizing or calling any child a “picky eater.” Children believe what we say!
6. **Serve food plain and respect the “no foods touching” rule** if that’s important to your child. This will pass in time.
7. **Avoid being a short-order cook** by making and offering the same food for the whole family. Aim for at least one food everyone will eat.
8. **Substitute a similar food** if a child does not like a certain food. For example, instead of squash, offer sweet potatoes.
9. **Provide just two or three choices,** not a huge array of food. Then let your child decide. Keep in mind your child may choose nothing and that is okay!
10. **Focus on your child’s positive eating behavior,** not on the food.



Adapted from “Nibbles for Health” Nutrition Newsletter for Parents of Young Children, USDA Food and Nutrition Service.



# Phrases that Help and Hinder

5 or more  
fruits &  
vegetables  
every day

As the caregiver, you play the biggest role in your child's eating behavior. What you say has an impact on developing healthy eating habits. Negative phrases can easily be change into positive, helpful ones!

## PHRASES THAT HINDER

*"Eat that for me."*

*"If you do not eat one more bite, I will be mad."*

Phrases like these teach your child to eat for your approval and love. This can lead your child to have unhealthy behaviors, attitudes and beliefs about food and about themselves.

*"You're such a big girl; you finished all your peas."*

*"Joey, look at your sister. She ate all of her bananas."*

*"Take one more bite before you leave the table."*

Phrases like these teach your child to ignore fullness. It is better for kids to stop eating when full or satisfied than when all of the food has been eaten.

*"No dessert until you eat your vegetables."*

*"Stop crying and I will give you a cookie."*

Offering some foods, like dessert, in reward for finishing others, like vegetables, makes some foods seem better than others. Getting a food treat when upset teaches your child to eat to feel better. This can lead to overeating.

*"See, that didn't taste so bad, did it?"*

This implies to your child that he or she was wrong to refuse the food. This can lead to unhealthy attitudes about food or self.

## PHRASES THAT HELP

*"This is kiwi fruit. It's sweet like a strawberry."*

*"These radishes are very crunchy!"*

Phrases like these help to point out the sensory qualities of food. They encourage your child to try new foods.

*"Is your stomach telling you that you're full?"*

*"Is your stomach still making its hungry growling noise?"*

*"Has your tummy had enough?"*

Phrases like these help your child to recognize when he or she is full. This can prevent overeating.

*"We can try these vegetables again another time. Next time, would you like to try them raw instead of cooked?"*

*"I am sorry you are sad. Come here and let me give you a big hug."*

Reward your child with attention and kind words. Comfort him or her with hugs and talks. Show love by spending time and having fun together.

*"Do you like that?"*

*"Which one is your favorite?"*

*"Everybody likes different foods, don't they?"*

Phrases like these make your child feel like he or she is making the choices. It also shifts the focus toward the taste of the food, rather than who was right.

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Pick a Better

# FAST FOOD OPTION

## Need a quick lunch between meetings?

Dinner on the go on the way to soccer practice? A quick family meal at the end of a long, busy day? Sometimes the drive-thru is the easiest choice, but we know it is not the most nutritious. *Let's Go!* has created this handy guide to help you navigate your way through the drive-thru!

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## Burger Joints

- Try a grilled chicken salad with balsamic vinaigrette.
- Pick grilled chicken over fried chicken sandwiches, salads, or wraps.
- Choose a single patty burger rather than getting burgers with 2-3 patties.
- Opt for a veggie burger and substitute fries with a side of apple slices or a small salad.

## Coffee Shops

- Ask for your egg sandwich on an English muffin rather than a bagel.
- Add a side of fruit.
- Choose a yogurt parfait or unsweetened oatmeal.

## Sandwich Shops

- Choose whole wheat bread.
- Ask for extra vegetables instead of cheese.
- Ask for mustard (honey, brown, or yellow) instead of mayonnaise or oil.
- Pick a salad and ask for dressing on the side.

## Mexican Fast Food

- Choose a salad or bowl without the taco shell.
- Add your favorite vegetables, brown rice, black beans, or grilled chicken.
- Try a bean burrito with a side of Pico de Gallo.
- Choose a chicken soft taco with a side of black beans and salsa.
- Try beef soft tacos on corn tortillas with extra lettuce and tomatoes.

Many fast food places also list nutrition information on their websites, drive-thru menus, or have it available at the register. Don't be afraid to ask!

## Quick Tips

- Be mindful of your **portion sizes**. Opt for small or medium when selecting your food items.
- **Watch your condiments.** Ask for dressings and sauces on the side.
- **Change up your sides!** Look for apple slices, fresh fruit cups, or side salads in place of French fries and onion rings. If you opt to have French fries or onion rings, choose the small size to go along with your sandwich or burger.
- **Add extra vegetables.** They will fill you up!
- **Pick your drink carefully.** Choose water, milk, unsweetened iced tea or black coffee in place of sugary drinks like soda.

## STEP THREE

# IMPLEMENT ACTION PLAN

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## STRATEGY TWO

Limit or Eliminate Sugary Drinks; Provide Water

## STRATEGY 2: Limit or Eliminate Sugary Drinks; Provide Water

# why does this matter?

**Limiting sugary drinks is a key way to promote healthy eating and prevent excess weight gain in kids.<sup>1</sup>** Research shows that sugary drinks contribute to childhood obesity.<sup>2</sup>

**Sugary drinks provide a lot of calories very quickly.** This is a problem because it's easy to drink more than your body needs before your body has a chance to signal that it is full. Also, sugary drinks are usually additions to your regular diet, adding calories that your body does not need.<sup>3</sup>

**A 12-ounce serving of soda has the equivalent of 10 teaspoons of sugar.<sup>3</sup>** One serving of soda per day could lead to a 15 pound weight gain in one year.<sup>4</sup> Each additional daily serving of soda increases a child's risk of obesity by 60%.<sup>5</sup>

**Water provides a low-cost, zero-calorie beverage option and is a healthy alternative to sugary drinks.** Drinking water is linked to a number of health benefits. It can improve kids' readiness to learn and is the best first choice for hydration before, during, and after most exercise routines.<sup>6,7</sup>

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## STRATEGY 2: Limit or Eliminate Sugary Drinks; Provide Water

# how to implement

What's the way to help kids avoid sugary drinks? Not providing them! Here are some tips to reduce access to sugary drinks at your program.

**Bolded items** mean there is a supporting handout in this section!

### SUGARY DRINKS

include juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks.



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Let's Go! [www.letsgo.org](http://www.letsgo.org)

### Ask kids and families to limit sugary drinks brought in from home:

- Send home the **Limit Sugary Drinks Sent in from Home – Letter to Families**.
- Set a water-only guideline or policy.

### Promote drinking water at your program:

- Provide or allow water bottles.
- Ensure water fountains are in good, working order.
- Replace sugary drinks in vending machines with water.
- Role model Drinking healthy Beverages.

### Involve kids in activities to promote healthy drinks:

- **Make Your Own Sugar Bottle Display**.
- Use the **Have a Drink Plan Goal Setting Worksheet**.
- Do one of the activities on the **Make Water Fun** handout.
- **Make Fun, Flavored Water** as a group.

### Learn about the benefits of less sugary drinks and share this knowledge with families and kids using these handouts:

- **“0” Sugary Drinks...Drink Water!**
- **Water as Fuel**
- **Sports and Energy Drinks**
- **How Much Sugar Do You Drink?**
- **What's the Deal with Added Sugar?**

### Set a policy that limits or eliminates sugary drinks.

- Refer to the **Let's Go! Recognition Program** packet in the 'Step 5: Celebrate' Tab for help with this.

Letter to Families

# LIMIT SUGARY DRINKS SENT IN FROM HOME

Water is  
the **best**  
thirst  
quencher



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Dear Families,

As part of our efforts to support healthy kids, we encourage kids and families to limit sugary drinks brought in from home. Water is the best thirst quencher. We want your kids to be the healthiest they can be!

Here are some tips to limit sugary drinks and make water more appealing:

- **Flavor water with fresh squeezed fruit.** Try traditional lemon, lime, or orange wedges or experiment with things like melon, berries, and kiwi.
- **Try flavored, unsweetened seltzer water.** It's fizzy and tastes good so is a great substitute for soda.
- **Choose whole fruit instead of juice.** If you do provide juice, choose only 100% juice and keep the servings small.
  - No more than 4-6 ounces per day for children age 6 years and younger.
  - No more than 8-12 ounces per day for children age 7 years and older.

Our efforts are supported by Let's Move Pittsburgh, a program of Phipps Conservatory and Botanical Gardens that works where children and families live, learn, work, and play to help make the healthy choice the easy choice. Let's Move Pittsburgh encourages families to adopt the 5-2-1-0 message:

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

\*Keep TVs/computers out of the bedroom. No screen time under the age of 2.

For more information about Let's Move Pittsburgh, visit [www.letsmovepittsburgh.org](http://www.letsmovepittsburgh.org). Thank you for joining us in our commitment to healthy kids!

Sincerely,

# Healthy Hydration

Promote healthy habits by encouraging kids to consume more water and low-fat milk (or dairy substitute), plus limit or eliminate sugary drinks.

0 sugary  
drinks and more  
water every day

## LIMIT JUICE

- Avoid products labeled “-ade,” “drink” or “punch” as they often contain 5% juice or less.
- Always choose whole fruits over juice.
- Buy only 100 percent juice.
- Daily juice intake should be limited to 4 – 6 oz. for kids ages 1 – 6 and 8 – 12 oz. for youth 7 – 18.
- No juice should be consumed by children under 6 months of age.
- Make changes slowly by adding water to your child’s juice.
- Suggest a glass of water or low-fat milk (or dairy substitute) instead of juice.
- Try mixing seltzer with a small amount of juice.

## BE WATER WISE

- Keep bottled water on hand.
- Add flavor to water with fresh citrus slices.
- Keep a pitcher of water in the fridge.
- Water is the number one thirst-quencher, so always offer it as a first choice when kids are thirsty.
- Replace soda and other sugary drinks with water, cutting back slowly until they are completely eliminated.
- Remember: When kids exercise, they sweat, and when they sweat, they lose water and minerals. It is important, then, to replace the water that is lost.
- Energy drinks are NOT sports drinks and should never replace water during exercise. Water is the number one fuel for our bodies.



## MAKE THE MOST OF MILK

- Children ages 2 – 3 should consume two 8-oz. glasses of low-fat milk (or dairy substitute) per day.
- Children ages 4 – 8 should drink two-and-a-half 8-oz. glasses of low-fat milk (or dairy substitute) per day.
- Kids ages 9 or older should consume three 8-oz. glasses of low-fat milk (or dairy substitute) per day.

*Just 9 ounces of soda has 110 – 115 empty calories and it contains caffeine that kids don't need!*

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# Best Drinks for Young Children

0 sugary  
drinks and more  
water every day

The best drinks for kids of all ages are milk and water!

## RULES OF THUMB

- Children between 1 – 2 years should be drinking whole milk and/or breast milk.
- Preschoolers should consume two cups of low-fat or nonfat milk (or equivalent dairy products) every day.
- Try to avoid premixed chocolate or strawberry drinks, which often contain considerably more calories, sugar and fat than milk you flavor yourself.
- Limit juice, which has a significant amount of sugar, to no more than one serving (4 – 6 oz.) of 100% juice a day.
- Kids may be less likely to drink enough milk if sugar-sweetened beverages are available.



## WHAT PARENTS CAN DO

- Promote water and low-fat milk as the drinks of choice.
- Provide low-fat milk, skim milk and other milk alternatives in place of whole milk.
- Use the drink comparison chart (below) to demonstrate how much sugar is in a variety of drinks.
- Provide water and low-fat milk instead of sugar-sweetened drinks at celebrations.
- Be a role model by drinking water or milk.
- Visit a local dairy farm.

DRINK	SIZE	CALORIES	SUGAR
Water	8 oz.	0	0 g
Low-fat milk	8 oz.	100	11 g
100% orange juice	8 oz.	110	22 g
Juice Drink (10% fruit juice)	8 oz.	150	38 g
Powdered drink mix (with sugar added)	8 oz.	90	24 g
Soda	8 oz.	100	27 g

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# DRINKING HEALTHY BEVERAGES

**Send a healthy message to kids by ditching sugary drinks and drinking water!**

**Kids are watching what you say and do!**

**Take action and be a healthy role model by doing the following:**

- Only drink water.
- Put any beverage that isn't water in a logo-free, opaque container.  
**TIP:** This also helps avoid any unintended advertising to kids!
- Stock the staff lounge with bottled water. Try both plain and sparkling!
- Encourage kids to drink water when they are thirsty. At transitions, line up next to a water fountain to give them an opportunity to grab a quick drink!

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## Directions to Make Your Own

# SUGAR BOTTLE DISPLAY

**Making a sugar bottle display is a great activity.**

This powerful visual is one of the best ways to show just how much sugar is in some popular drinks—you'll be surprised. This is a tool that can be used to help kids and staff to make smart drink choices.



### Supplies:

- Bottles of common sugary drinks – refer to the table on the next page for suggestions.
- Bag of white sugar
- Teaspoons
- Funnels

### Directions:

1. Empty, wash, and completely dry bottles. Be careful not to damage the labels as you want to keep them on the bottles.  
**TIP:** Give the bottles at least 24 hours to dry.
2. Find the Nutrition Facts on the bottle label.
3. Take note of serving size (many bottles contain two or more servings – something to think about!)  
**TIP:** Make sure to pay attention to the information listed per bottle.
4. Record how many grams of sugar are in a bottle.

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5. Figure out how many teaspoons of sugar are in each bottle by dividing the grams of sugar by 4.2 (the number of grams of sugar in a teaspoon).

For example:

- Serving size 1 bottle
- Grams of sugar per bottle: 48g
- Teaspoons of sugar per bottle: 48 divided by 4.2  $\approx$  11

*The amount of sugar to put into this bottle is 11 teaspoons.*

6. Put funnel into mouth of bottle and pour in the sugar. Replace cap. Screw on tight!

7. Make a chart like the one below that matches the drinks you chose.

**TIP:** *Laminate the chart to ensure it lasts a long time.*

8. Display the chart in your building so kids and staff can see how much sugar is in some of their favorite drinks. Place the bottles filled with sugar in front of the chart.

9. Other ideas:

- Take a photo of your display and use along with chart and other handouts to make a bulletin board.
- Make a game out of it by having people guess how many teaspoons of sugar are in their favorite drinks and give the winners a 5-2-1-0 approved prize.
- Have a poster contest around limiting sugar-sweetened beverages.

DRINK	SIZE	CALORIES	SUGAR GRAMS	SUGAR TSP.
Coca-Cola® Classic	20 oz	240 cal	65 g	15
Dunkin' Donuts Strawberry Fruit Coolata®	16 oz sml	230 cal	57 g	14
Sprite®	20 oz	240 cal	64 g	15
Monster Energy® Drink	16 oz	200 cal	54 g	13
Arizona® Green Tea & Honey	20 oz	175 cal	43 g	10
Minute Maid® 100% Apple Juice	15.2 oz	210cal	49 g	11
Glaceau Vitamin Water®	20 oz	120 cal	32 g	8
Gatorade Thirst Quencher®	20 oz	133 cal	35 g	8
Starbucks® Bottled Coffee Frappuccino®	9.5 oz	200 cal	32 g	8
Water	Any size	0 cal	0 g	0

# GOAL SETTING WORKSHEET

plan your  
drink!

Now go for it;  
begin choosing the  
drinks you listed in  
question 3 today!  
Revisit this  
worksheet in a  
month to see what  
kind of progress  
you've made!

**1. On average, how often do you drink sugary drinks?**

Sugary drinks include juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks.

\_\_\_ Only at special events \_\_\_ Daily \_\_\_ Once a week \_\_\_ 3 times a week

**2. On average, how much 100% fruit juice do you drink?**

\_\_\_ Only at special events \_\_\_ Daily \_\_\_ Once a week \_\_\_ 3 times a week

**3. What other drinks do you enjoy besides sugary drinks?**

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**4. What's a realistic goal for how many sugary drinks, including 100% juice, you could limit yourself to each day?**

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Make

# WATER FUN!

## Water cooler water slide

- Funnel the water from the cooler spout through a toy like Marble Run or a custom made slide. Clean the Marble Run before use.
- Keep tubes in half-pipe form so kids can watch the water flow. Add water wheels, doors, bells, etc., for excitement.
- **Make sure the slide pieces are water tight.** When kids want water have them place their cup at the end of the slide to capture the water.
- Have a parent help with the construction if needed.

## Add non-caffeinated herbal tea

- In addition to fruits like lemon, cucumber, berries, and melons, herbal teas can make delicious flavored water. Herbal teas are commonly non-caffeinated and have lots of flavor. Popular non-caffeinated choices are mint, chamomile, and lavender. Keep a batch chilled in the fridge, ready-to-drink!

## Silly animal poster

- Have kids bring in a silly picture of their favorite animal drinking water. Make a poster combining all the kids' pictures and hang it by the water cooler.
- During water breaks have kids pick an animal that they want to be while drinking water.



## Whimsical bubbler

- Give bubblers imaginative, leading names. Reference books, art, nature, etc. For example:
  - Poseidon's Pool (from Greek mythology)
  - Fountain of Tivoli
  - Pittsburgh Fountain of Life
  - Fountain of Fair Fortune (Harry Potter reference)
  - Big Lizard's Underwater Swimming Hole
- Decorate with indoor plants and holiday lights.

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Content developed by Christine Adamowicz  
of Let's Go! Healthy Androscoggin

Make Fun

# FLAVORED WATER

**Infuse a bit of fun  
flavor into water  
with fruit, or even  
vegetables and herbs!**

**Be creative and try  
lots of different  
combinations!  
Let the kids come  
up with ideas for the  
next flavor infusion!**

You can make infused water in a large jug by simply adding sliced or chopped-up fruit, vegetables, and/or herbs to the water. Try lemon and orange, melon and mint, cucumber slices, or frozen berries; get more ideas from the lists below.

Let it set a few hours, then enjoy poured over ice. Share your creation by setting up a sampling table for others to try!

## **Fruit**

- Berries
- Oranges
- Lemons
- Lime
- Grapefruit
- Pineapple
- Grapes
- Watermelon
- Mango
- Cantaloupe
- Honeydew
- Kiwi
- Cherries
- Apples

## **Vegetables**

- Cucumber
- Jalapenos
- Bell Peppers
- Celery
- Carrots

## **Herbs**

- Basil
- Mint
- Rosemary
- Cilantro
- Lavender
- Tarragon
- Thyme
- Sage
- Ginger Root

cucumber**mint**

pineapple**sage**

cheers to  
drinking  
**water!**

ginger**apple**



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# SUGARY DRINKS...

## DRINK WATER!

### Put limits on juice!

- Juice products labeled “-ade,” “drink,” or “punch” often contain 5% juice or less. Sometimes, the only difference between these “juices” and soda is that they have added Vitamin C.
- Always try to choose whole fruits over juice.
- Suggest a glass of water or milk instead of juice.
- If you choose to serve juice:
  - Buy 100% juice.
  - Each day, juice should be limited to:
    - 4-6 ounces for children 1-6 years old.
    - 8-12 ounces for children 7-18 years old.
    - No juice for children 6 months and under.

#### Did you know?

Soda has no nutritional value and is high in sugar. Just 9 ounces of soda has up to 150 empty calories. Many sodas also contain caffeine, which kids don't need.

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### Water!

#### Keep It Handy, Keep It Cold:

- Keep bottled water or a water bottle on hand.
- Fill a pitcher of water and keep it in the fridge.

#### Liven It Up, Make It Fruity:

- Add fresh lemon, lime, or orange wedges to water for some natural flavor.
- Try mixing seltzer with a splash of juice.

#### Be a Role Model:

- Drink water when you're thirsty.
- Replace soda with water, instead of other sugar-sweetened beverages, such as juice or sports drinks.

#### Water is fuel for your body:

- Between 70-80% of our body is made up of water.
- When you exercise, you sweat, and when you sweat, you LOSE water—it is important to replace the water you lose when you sweat.
- Water is the #1 thirst quencher!





# Water as Fuel

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Like food, water acts like fuel and helps your body function. To keep your body running smoothly, drink plenty of water throughout the day.



0 sugary  
drinks and more  
water every day

## FUEL YOUR BODY WITH WATER!

*When you exercise, you sweat and you lose water and minerals.*

It is important to replace this water. Kids who are very active for longer than 60 minutes may need to replace water and minerals using sports drinks, like Gatorade and Powerade, especially when it's hot and humid.

*Energy drinks are NOT sport drinks and should never be used to replace water during exercise.*

Most energy drinks, like Red Bull and SuperStar, contain caffeine, which causes the body to lose water. Too much caffeine can also cause anxiety, headaches, stomach aches and sleep problems.

*Energy drinks contain high amounts of sugar and calories.*

This could lead to weight gain and tooth decay.

## GET ENERGIZED!

- Water is the most important nutrient for active people.
- Between 70 – 80 percent of a child's body is made up of water.
- Water is the number one thirst quencher!

## DID YOU KNOW?

- Being thirsty is a sign that you are already dehydrated.
- Your ability to concentrate is related to how well you are hydrated.
- Thirst can also be mistaken for hunger, so by staying hydrated, you are less likely to consume excess calories.
- Try drinking a glass of water to satisfy a growling stomach. If you're still hungry after the water, feel free to reach for a healthy snack!
- Modeling is an effective strategy for any age group. Choosing water over sugary drinks in the workplace as well as at home will encourage others around you to lead a healthy lifestyle.

*Children who eat healthy, drink enough water and sleep well will have plenty of energy for all of their sports and activities.*



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# Sports and Energy Drinks

0 sugary  
drinks and more  
water every day

*Most people don't need them!*

## SPORTS DRINKS

- Sports drinks are flavored beverages that usually contain sugar, minerals and electrolytes (like sodium, potassium and calcium).
- They are only recommended when you have been doing **intense** physical activity for an hour or longer (such as long distance running, biking or high intensity sports like soccer, basketball or hockey).
- If you drink them when you have been doing routine physical activity or just to satisfy your thirst, you increase your risk of excess weight gain.
- Some examples are Gatorade, Powerade, Accelerade, All Sport Body Quencher and Propel.

## ENERGY DRINKS

- Energy drinks are flavored beverages that typically contain stimulants like caffeine and other natural compounds, along with sugar, added vitamins and minerals and maybe even protein. We don't need these nutrients from drinks; we get them from our food!
- These drinks are not the same as sports drinks and are **NEVER** recommended for children or adolescents.
- Energy drinks could cause you to have increased heart rate, increased blood pressure, trouble sleeping, anxiety, difficulty concentrating, upset stomach and even caffeine toxicity.
- Some examples are Monster, Red Bull, Power Trip, Rockstar, Full Throttle and Jolt.

*Water is always the best thirst quencher, even before,  
during and after most people's exercise routines.*

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# HOW MUCH SUGAR Do You Drink?

Consider how frequently you or your kids enjoy these, and similar, drinks. They provide loads of sugar and little if any nutrition.

## Common Drink Choices

DRINK	SIZE	TOTAL CALORIES	SUGAR GRAMS	SUGAR TSP.
Arizona® Green Tea & Honey	20 oz	175 cal	43 g	10
Coca-Cola® Classic	20 oz	240 cal	65 g	15
Minute Maid® 100% Apple Juice	15.2 oz	210 cal	49 g	11
Dunkin' Donuts Strawberry Fruit Coolata®	16 oz (sml)	230 cal	57 g	14
Gatorade Thirst Quencher®	20 oz	133 cal	35 g	8
Glaceau Vitamin Water®	20 oz	120 cal	32 g	8
Monster Energy® Drink	16 oz	200 cal	54 g	13
Mountain Dew®	20 oz	290 cal	77 g	18
Sprite®	20 oz	240 cal	64 g	15
Starbucks Bottled Frappuccino®	9.5 oz	200 cal	32 g	8
Water	ANY SIZE!	0 cal	0 g	0

### Tips to make cutting back on sugary drinks easier:

- Cut back slowly.
- Don't replace soda with other sugary drinks, such as juice and sports drinks.
- Remember, water is the best drink when you are thirsty.
- Make water and milk the primary drinks of choice at your home. Buy fewer and fewer sugary drinks each week until you no longer buy any!

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# WHAT'S THE DEAL WITH ADDED SUGAR?

The average child, age 6-17 years old, consumes almost **70 pounds of added sugar each year.** Soft drinks are the biggest source of added sugar in the American diet.<sup>1</sup>

## Did you know?

**Naturally occurring sugars** are found in healthy foods like fruit and milk.

**Added sugars**, on the other hand, are sugars added during processing, preparation, or at the table. Added sugars have zero nutrients for your health, and consuming too much added sugar is linked to many lifelong health issues, like heart disease and diabetes.

Added sugars are found in up to 74% of packaged foods.<sup>2</sup> However, added sugars go by many names and can be difficult to spot. To avoid consuming too much added sugar, read nutrition labels carefully. Avoid foods with any of the following sugar “aliases” as one of the first few ingredients.

## A food contains added sugar if you see any of these words in the ingredient list:

- Agave nectar
- Barbados sugar
- Barley malt
- Barley malt syrup
- Beet sugar
- Brown sugar
- Buttered syrup
- Cane juice
- Cane juice crystals
- Cane sugar
- Caramel
- Carob syrup
- Castor sugar
- Coconut palm sugar
- Coconut sugar
- Confectioner's sugar
- Corn sweetener
- Corn syrup
- Corn syrup solids
- Date sugar
- Dehydrated cane juice
- Demerara sugar
- Dextrin
- Dextrose
- Evaporated cane juice
- Free-flowing brown sugars
- Fructose
- Fruit juice
- Fruit juice concentrate
- Glucose
- Glucose solids
- Golden sugar
- Golden syrup
- Grape sugar
- HFCS (High-Fructose Corn Syrup)
- Honey
- Icing sugar
- Invert sugar
- Malt syrup
- Maltodextrin
- Maltol
- Maltose
- Mannose
- Maple syrup
- Molasses
- Muscovado
- Palm sugar
- Panocha
- Powdered sugar
- Raw sugar
- Refiner's syrup
- Rice syrup
- Saccharose
- Sorghum Syrup
- Sucrose
- Sugar (granulated)
- Sweet Sorghum
- Syrup
- Treacle
- Turbinado sugar
- Yellow sugar

For more information on the effects of added sugar, visit [www.sugarscience.org](http://www.sugarscience.org).

continued



<sup>1</sup> Welsh JA, Sharma AJ, Grellinger L, Vos MB. Consumption of added sugars is decreasing in the United States. *Am J Clin Nutr* 2011; ajcn.018366

<sup>2</sup> Ng S-VV, Slining M-M, & Popkin B-M. (2012). Use of caloric and noncaloric sweeteners in US consumer packaged foods, 2005-2009. *Journal of the Academy of Nutrition and Dietetics*, 112(11), 1828-1834.e1821-1826.

# HOW MUCH SUGAR IS OKAY?



## The American Heart Association (AHA) recommendations

Most American women should consume no more than  
**6 teaspoons of added sugars per day**  
(equal to 25 grams or 100 calories).

Most American men should consume no more than  
**9 teaspoons of added sugars per day**  
(equal to 38 grams or 150 calories).

Although the AHA has not released formal recommendations for limiting added sugar for children, since children's calories needs are generally less than adults, it's safe to assume that children should take in even less added sugar each day than adults.

# Enlightening Facts About Juice

0 sugary  
drinks and more  
water every day

## ACCORDING TO THE AMERICAN ACADEMY OF PEDIATRICS:

- Fruit juice offers no nutritional benefits for infants younger than 6 months.
- Fruit juice offers no nutritional benefits over whole fruit.
- Fruit “drinks” are not nutritionally equivalent to fruit “juice” (see below).
- Fruit juice is NOT appropriate in treating dehydration or diarrhea.
- Excessive juice consumption may be associated with malnutrition, diarrhea, flatulence, abdominal distention and tooth decay.
- Calcium-fortified juices do provide calcium, but lack other nutrients present in breast milk, formulas or cow’s milk.

## RECOMMENDATIONS:

- Do not introduce juice until your infant is 12 months old.
- Serve juice in open cups, so children cannot consume juice easily throughout the day.
- Offer and encourage children to eat whole fruit instead of juice.
- Serve only pasteurized juices.
- Choose 100 percent juice instead of fruit “drinks,” which, most likely contain added sweeteners and flavors.
- Younger children ages 1 – 6 years should have only 4 – 6 ounces of juice a day, if any at all.
- Older children should be limited to 8 – 12 ounces of juice a day, if any at all.

### RULE OF THUMB:

You are better off giving  
your children fruit instead  
of fruit juice.

Check out how much  
sugar is in some  
popular (and marketed  
towards children) juice  
and juice drinks.

BEVERAGE	SUGAR GRAMS PER SERVING	TEASPOONS OF SUGAR*
Sunny D® Baja Orange Drink	43g	10 ¼
Capri Sun® Red Berry Drink	25g	6
Apple & Eve® Bert & Ernie Berry 100% Juice	13g	3
Earth's Best® Strawberry Pear 100% Juice	11g	2 ⅔
Water	0g	0





## STEP THREE

# IMPLEMENT ACTION PLAN

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## STRATEGY THREE

Prohibit the Use of Food as a Reward

## STRATEGY 3: Prohibit the Use of Food as a Reward

# why does this matter?

**Rewarding kids with food, even healthy foods, encourages kids to eat outside of meal and snack times**, when they may not be hungry, and can lead to poor eating habits.<sup>1,2</sup>

Using food, such as candy, cookies, doughnuts, sugary drinks, and pizza, as a reward for good behavior and academic performance is a common practice with kids and **puts them at risk for excess weight gain and obesity**.<sup>3,4</sup>

Encouraging kids to eat healthy foods, but at the same time rewarding good behavior with unhealthy foods, **sends a mixed message and confuses kids**.<sup>1</sup>

**Foods that are used as rewards are typically high in sugar, fat, and salt with little nutritional value**, and can play a role in establishing kids' preferences for unhealthy foods.<sup>1,2</sup>



#### References

1. Puhl RM, Schwartz MB. If you are good you can have a cookie: How memories of childhood food rules link to adult eating behaviors. *Eating Behaviors*. 2003;4(3):283-293.
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3. Kubik MY, Lytle LA, Story M. Schoolwide food practices are associated with body mass index in middle school students. *Arch. Pediatr. Adolesc. Med.* 2005;159(12):1111-1114.
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## STRATEGY 3: Prohibit the Use of Food as a Reward

# how to implement

Rewarding kids with food, even healthy foods, encourages kids to eat when they may not be hungry and can lead to poor eating habits. Here are some ways to ensure food is never used as a reward and what you can do instead.

**Bolded items** mean there is a supporting handout in this section!

### FOOD REWARD

is a food used to encourage good behavior.

### Instead of food rewards:

- Use Non-Food Rewards.
- Use Physical Activity as a Reward.

Learn about the harm of using food as a reward and non-food alternatives, and share this knowledge with families and staff using these handouts:

- Food Rewards Add Up
- What the Experts Say about Food Rewards
- Non-Food Rewards at Home

### Set a policy that prohibits the use of food as a reward.

- Refer to the **Let's Go! Recognition Packet** in the 'Step 5: Celebrate' Tab for help with this.



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Use

# NON-FOOD REWARDS

**Don't underestimate the power of using verbal praise that is specific with kids of all ages. For example, "You did a great job, John. I'm so proud of you for helping Jack with his math problems today."**

**To support your efforts with Strategy #3, create a program policy that prohibits the use of food as a reward.**

**Rewarding kids with food, even healthy food, encourages kids to eat when they may not be hungry and can lead to poor eating habits. There are plenty of ways to reward kids without using food. Use some of the ideas on the front of this page for younger kids, and look on the back for non-food rewards for older kids.**

## Alternatives to food as a reward

### Younger kids can:

- Share a special item or talent with the group.
- Be "Super Kid of the Day" or "Star of the Day."
- Sit in a special seat during snack or mealtime.
- Be recognized in a newsletter or on a bulletin board.
- Receive a positive note from the program staff or director, or have one sent home for parents to see.
- Get a signed t-shirt, Frisbee, or ball.
- Lead group activities.
- Receive coupons for special privileges.
- Attend a reading party (kids bring blankets to sit on and read favorite books).
- Read a favorite poem.
- Share a favorite picture of a family member or friend.
- Play a favorite game or puzzle.
- Eat snack outdoors or have a picnic.
- Take a walk with the director or a favorite staff member.
- Dance to favorite music.
- Receive a trophy or ribbon.

- Get access to items that can only be used on special occasions (e.g. special art supplies, toys, or games).
- Select an item from a treasure chest full of small, non-food items (e.g. bubbles, crayons, finger puppets, Slinkys, yo-yos, rubber balls, spinning tops, stickers, school supplies, etc.).
- Make a list of fun, non-food rewards and choose a reward from the list when appropriate.

## Benefits of providing non-food rewards:

- Creates an environment that fosters healthy eating and supports the 5-2-1-0 message.
- Allows the opportunity for more frequent rewards.
- Adds to fitness if physical activity is used as reward.



continued

## Alternatives to food as a reward

### Older kids can:

- Receive a positive note from the program staff or director.
- Be entered into a drawing for donated prizes.
- Win tickets to special events (e.g. sports games, dances, concerts, etc.).  
Earn points or play money for privileges.
- Earn certificates for music downloads.
- Choose brain teasers or games for the group to play.
- Earn sports equipment or athletic gear (e.g. Frisbees, water bottles, head or wrist sweat bands, NERF balls, etc.).

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Use Non-food Rewards

Use Physical

# ACTIVITY AS A REWARD

Research indicates that active video games may be an effective way to increase kids' overall physical activity levels. Energy used during active video game play is comparable to moderate-intensity walking.

kids  
love to  
move!

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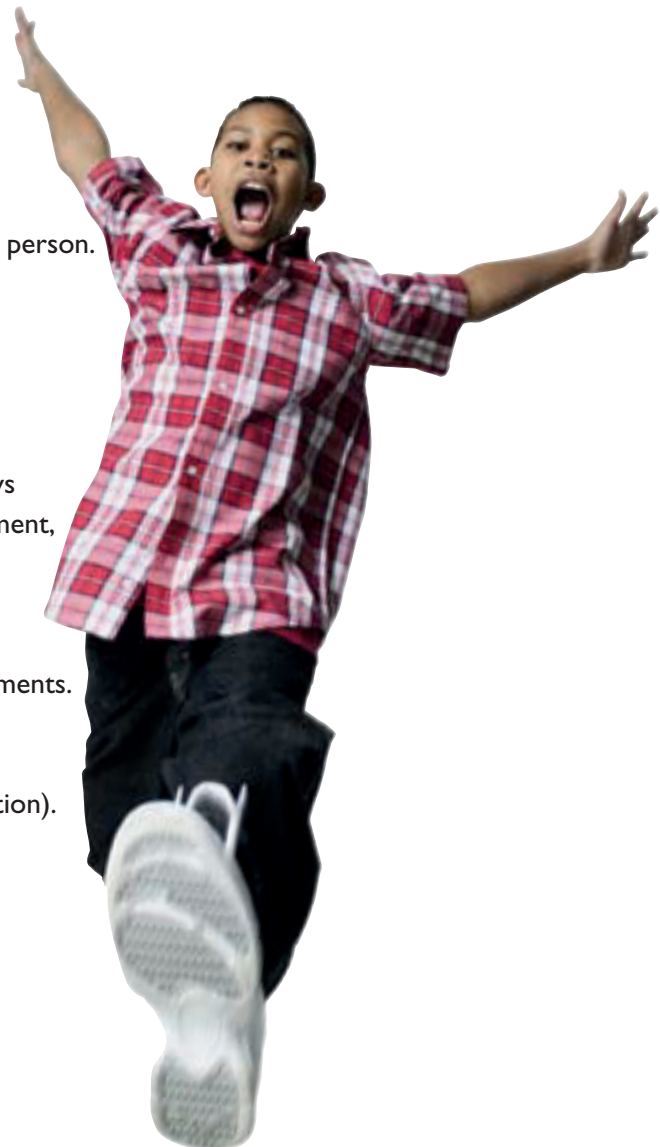
## Using physical activity instead of a food reward:

- Helps kids get their 1 hour a day!
- Makes physical activity fun!
- Won't limit how many rewards you can give, as they just add up to more activity for kids!

So next time you want to reward kids, think about how you could make it physically active.

## Here are some ideas to get you started:

- Dancing to favorite music.
- A 'walk and talk' with a special person.
- Extra outdoor time.
- Setting up an obstacle course.
- Special access to particular toys or games that promote movement, like a bike or jump rope.
- A monthly physical activity event to celebrate accomplishments.
- Access to active video games (e.g. Wii, Dance Dance Revolution).



# FOOD REWARDS **ADD UP**

$$\begin{array}{r} 416 \\ 110 \\ 100 \\ 271 \\ 234 \\ 156 \\ +600 \\ \hline 1,887 \end{array}$$

Food rewards are well-intended and are meant to make kids feel special. However, those little treats throughout the day can really add up. A *Let's Go!* staff member shared what her daughter received in food rewards in just one day at school. Check it out—you'll be amazed!

## **FOOD REWARD # 1**

Sally arrives at school and has a student delegate meeting where kids are served donut holes and juice for participating.

**8 glazed donut holes = 416 calories (52 calories each)**

**8 ounces of orange juice = 110 calories**

## **FOOD REWARD # 2**

Later that morning, Sally correctly answers questions in social studies class and is rewarded with a large lollipop.

**Large lollipop = 100 calories**

## **FOOD REWARD # 3**

Sally's next class is science, where they are having a classroom pizza party to celebrate the kids' especially good behavior and well-done projects that month.

**1 slice of cheese pizza = 271 calories**

**1 slice of chocolate cake with icing = 234 calories**

## **FOOD REWARD # 4**

Later that day, Sally answers another question correctly, this time in math class. She is rewarded with a chocolate chip cookie.

**1 large chocolate chip cookie = 156 calories**

## **FOOD REWARD # 5**

Sally is selected as Student of the Month and is given an extra-large Hershey's chocolate bar with her certificate.

**1 extra-large chocolate bar = 600 calories**

Throughout the school day, Sally was rewarded with **1,887 calories** of food! That's just about the same amount of calories she needs in an entire day, and doesn't even include her three meals. Most of these treats were full of "empty calories" and offered little nutrition. The adults had good intentions in rewarding Sally's accomplishments, but no one knew that she had been rewarded all day long.

continued



## Wondering what you can do to reward good behavior without using food?

- Work with kids to learn what, besides food, makes them feel rewarded. Access to special equipment? Leading an activity? Choosing the music for the day? Provide these rewards instead of food.
- Use personal words of praise or public acknowledgments to reward kids.
- Use physical activity as a reward!
- Work with your Program Director to set a program policy that prohibits the use of food as a reward.
- Understand that occasional treats are okay, but they should be just that—occasional—and not rewards, but treats!



the true  
reward is  
**healthy  
kids!**

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What Experts

# SAY ABOUT **FOOD REWARDS**

**American Academy of Pediatrics:**

Food should be used as nourishment, not as a reward or punishment. In the long run, food rewards or bribes usually create more problems than they solve.

**American Academy of Family Physicians:**

Food should not be used for non-nutritive purposes such as comfort or reward. Do not provide food for comfort or as a reward.

**Academy of Nutrition and Dietetics:**

Do not use food as a reward. When children are rewarded with sweets or snack food, they may decide that these foods are better or more valuable than healthier foods.

**American Academy of Child and Adolescent Psychiatry:**

Do not use food as a reward.

**American Psychological Association:**

Avoid using food as a reward for good behavior. Making unhealthy food a reward for good deeds promotes the idea that healthy food isn't as appealing as junk food or something to look forward to.

**Let's Go!:**

Prohibit the use of food as a reward.

**Yale Medical Group:**

Using food as a reward or as a punishment can undermine the healthy eating habits that you're trying to teach your children. Giving sweets, chips, or soda as a reward, often leads to children overeating foods that are high in sugar, fat, and empty calories. Worse, it interferes with kids' natural ability to regulate their eating, and it encourages them to eat when they're not hungry to reward themselves.

listen up!

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Adapted from: Fedewa, A., Courtney, A. The Use of Food as a Reward in Classrooms: The Disadvantages and the Alternatives. 2014.

# NON-FOOD REWARDS AT HOME

**How can you celebrate a job well done without using food treats?**

**Here are some ideas:**

- Make a list of fun, non-food rewards that don't cost much and post it where the whole family can see it. Allow your child to choose something from the list when appropriate.
- Have a separate list of special and inexpensive rewards for those really big achievements.
- Give certificates or ribbons for healthy behaviors.
- Allow your child to have a few friends over after school to play sports.
- Invite a few of your child's friends to a sleepover.
- Have a family game night.
- Keep a box of special toys or art supplies that can only be used on special occasions.
- Go to a sports game.
- Camp out in the back yard.
- Allow the use of electronics that support physical activity, like Dance Dance Revolution.
- Choose toys and games that promote physical activity like jump ropes, balls, or Skip-Its.

**Food as a reward:**

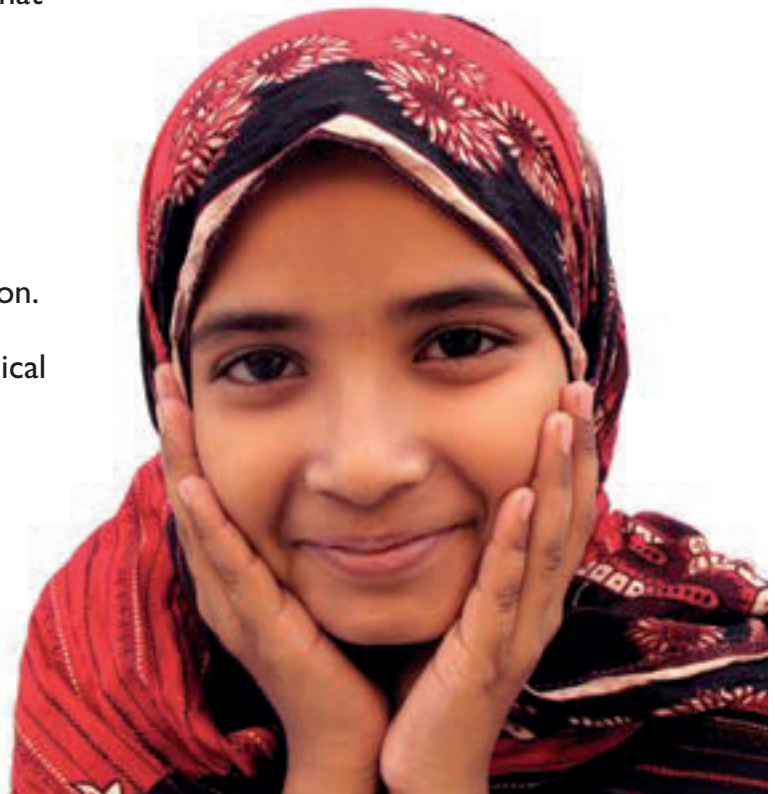
- Contributes to poor health.
- Encourages over-consumption of unhealthy foods.
- Contributes to poor eating habits.
- Increases preferences for sweets.

**Be sure to avoid giving extra time in front of the TV or computer as a reward!**

**Words of appreciation can go a long way. Children love to hear "You did a great job" or "I appreciate your help."**



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## STEP THREE

# IMPLEMENT ACTION PLAN

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## STRATEGY FOUR

Provide Opportunities to Get Physical Activity Every Day



## STRATEGY 4: Provide Opportunities to Get Physical Activity Every Day

# why does this matter?

**Active kids tend to be healthier kids, and healthier kids are better learners.**

**Regular physical activity reduces feelings of anxiety, stress, and depression, and increases self-esteem.<sup>1,2</sup>**

**Kids who are physically active on a daily basis are less likely to be overweight or obese.** They are also less likely to develop risk factors for chronic diseases and several types of cancer.<sup>1-3</sup>

**Students who are physically active tend to have better grades, school attendance, and classroom behaviors.<sup>4-8</sup>**

**Students spend most of their time in the classroom, making it a practical location for adding opportunities for physical activity.** Brief classroom physical activity breaks (5-10 minutes) can improve attention, concentration, on-task behavior, and test scores.<sup>4-8</sup>

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[www.lets-go.org](http://www.lets-go.org)

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6. Shephard RJ. Habitual physical activity and academic performance. *Nutr. Rev.* 1996;54(4):S32-S36.
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## STRATEGY 4: Provide Opportunities to Get Physical Activity Every Day

# how to implement

Active kids tend to be healthy kids and better learners. Here are some ways to get kids moving. Which ones can your program use?

**Bolded items** mean there is a supporting handout in this section!

### PHYSICAL ACTIVITY

is any movement that increases heart rate and breathing such as running,



### Provide opportunities to get physical activity:

- Use the **'5-2-1-0 Physical Activities: Motor Breaks and Games'** that comes with your toolkit.
- Do not take away physical activity as a punishment.
- Use **Physical Activity as a Reward** in the 'Step 3: Strategy 3: Prohibit Food As a Reward' tab.
- Use **Quick Physical Activity Breaks** during transitions and between stationary activities.
- Borrow and use a **StoryWalk™**.
- Use the **LET US Play Principles** to make physical activity time more active and inclusive.
- Use local PE teachers as a resource for ideas.

### Spend program time being active regardless of weather or limited space:

- Use ideas from the **Physical Activity in Any Weather** handout.
- Use the ideas from the **Physical Activity in Small Spaces** handout.

### Learn how to include physical activity in every day and share this knowledge with families using these handouts:

- **Get Up!**
- **Take It Outside**
- **Top Five Anywhere Exercises**

### Model and participate in the activities you are asking the kids to do.

### Connect with community partners that can safely provide yoga, dance, tai chi, or other types of fitness instruction to introduce kids to different forms of physical activity.

- See the 'Step 3: Strategy 7' tab for more tips on **Engaging Community Partners**.

### Set a program policy that requires opportunities for physical activity to be provided every day.

- Refer to the **Let's Go! Recognition Program packet** in the 'Step 5: Celebrate and Recognize' tab for help with this.

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# Quick Physical Activity Breaks

**1 hour  
or more  
of physical  
activity  
every day**

Try these in the classroom, at recess, a health fair, or a field day.

**HIGH KNEES RUN/MARCH:** Run or march in place, lifting your knees in front of you as high as you can.

**HULA HOOP:** Hula hoop around your waist. Do the best you can and have fun! Hula hooping builds abdominal strength. Twirling two hula hoops builds hand-eye coordination.

**WOOD CHOPPER:** Stand with your feet hip distance apart. Squat down with arms extended in front of you with a ball between your hands or just bring your hands together in a fist. As you lower in a squat, bring the ball towards the ground. As you rise up, bring the ball over your head. Keep your eyes straight ahead.

**CHAIR POSE:** Bring your feet and legs together. Keeping your knees together, sit back like you are sitting in a chair. Hold that position as long as you can. Relax when you need to and then try again.

**SKATE IN PLACE:** Pretend to ice skate in place as you hop or step from side to side, bringing your heel behind you as high as you can. Swing your arms from side to side.

**AGILITY LADDER:** Form a line at one end of the ladder. Run through the ladder without stepping on the bars. Pick your knees up high! Run up the ladder and then jog around to the end of the class line.

**JUMP THE HURDLES:** Form a line at a cone. The first person begins by stepping/jumping over the hurdles. When the student before you gets to the third hurdle, the next person begins. Keep the line moving!

**SQUEEZE THE BALL:** Place a ball between your hands with your elbows pointing out to the side. Squeeze your palms in towards the ball. Feel your arms working hard!

**JUMP ROPE:** You can pretend or use a real jump rope. Keep moving! Jumping rope builds endurance and can be done individually or in a group setting.

**HANDS TO KNEES:** Extend your arms overhead. Lock your thumbs together. Lift one knee up as you pull your arms down to touch that knee. Arms go back overhead as that foot goes back down to the ground. Lift the other knee as you pull your arms down to touch the knee. Stand tall to keep your abdominal muscles strong!



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Download more 5-2-1-0 resources at [letsmovepittsburgh.org/5210](https://letsmovepittsburgh.org/5210). To start a 5-2-1-0 campaign at your home or organization, please contact [letsmove@phipps.conservatory.org](mailto:letsmove@phipps.conservatory.org).



Let's Move Pittsburgh is affiliated with Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! [www.letsgo.org](http://www.letsgo.org).



## FAQ

# THE STORYWALK™ PROJECT

**For other questions, such as “How do I make my own StoryWalk™?” or “How much does it cost to make a StoryWalk™?”, please contact the creator Anne Ferguson at 802.223.7035.**

### What is a StoryWalk™?

A StoryWalk™ combines physical activity with literacy. It's an innovative way to get people of all ages out walking while reading children's picture books. Pages of a book are transformed into signs that are then laid out on a trail inviting families, children, caregivers, teachers and others to follow the path of pages.

### Where can I use a StoryWalk™?

A StoryWalk™ can easily be set up on playgrounds, walking paths, hiking trails or fields. Our signs are windproof and waterproof and can be placed at different heights for various age levels.



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This program is adapted from  
Let's Go! [www.lets-go.org](http://www.lets-go.org)

The StoryWalk™ Project was created by Anne Ferguson of Montpelier, VT and developed in collaboration with the Vermont Bicycle & Pedestrian Coalition and the Kellogg Hubbard Library.

# Principles of **LET US PLAY**

## **LET US Play**

is an easy-to-use set of techniques to maximize the amount of physical activity all kids get while playing games. The techniques allow staff to modify the games kids love to ensure everyone has a chance to join in.

LET US Play Principles were developed by Policy to Practice in Youth Programs (P2YP). Learn more at: [www.p2yp.org/training/get-kids-active](http://www.p2yp.org/training/get-kids-active)

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[www.letsgo.org](http://www.letsgo.org)

Removing **L**ines

Eliminating **E**limination

Reducing **T**eam size

Getting **U**ninvolved staff and kids involved

Being creative with **S**pace, equipment, and rules

Try the simple game modifications using LET US Play that are found on the back of this page.

Check out the LET US Play videos and posters for more information on how program leaders can use the LET US Play principles to enhance the games children love and staff already know how to play.

[www.p2yp.org/training/get-kids-active/let-us-play-videos](http://www.p2yp.org/training/get-kids-active/let-us-play-videos)

[www.p2yp.org/training/get-kids-active/let-us-play-posters](http://www.p2yp.org/training/get-kids-active/let-us-play-posters)



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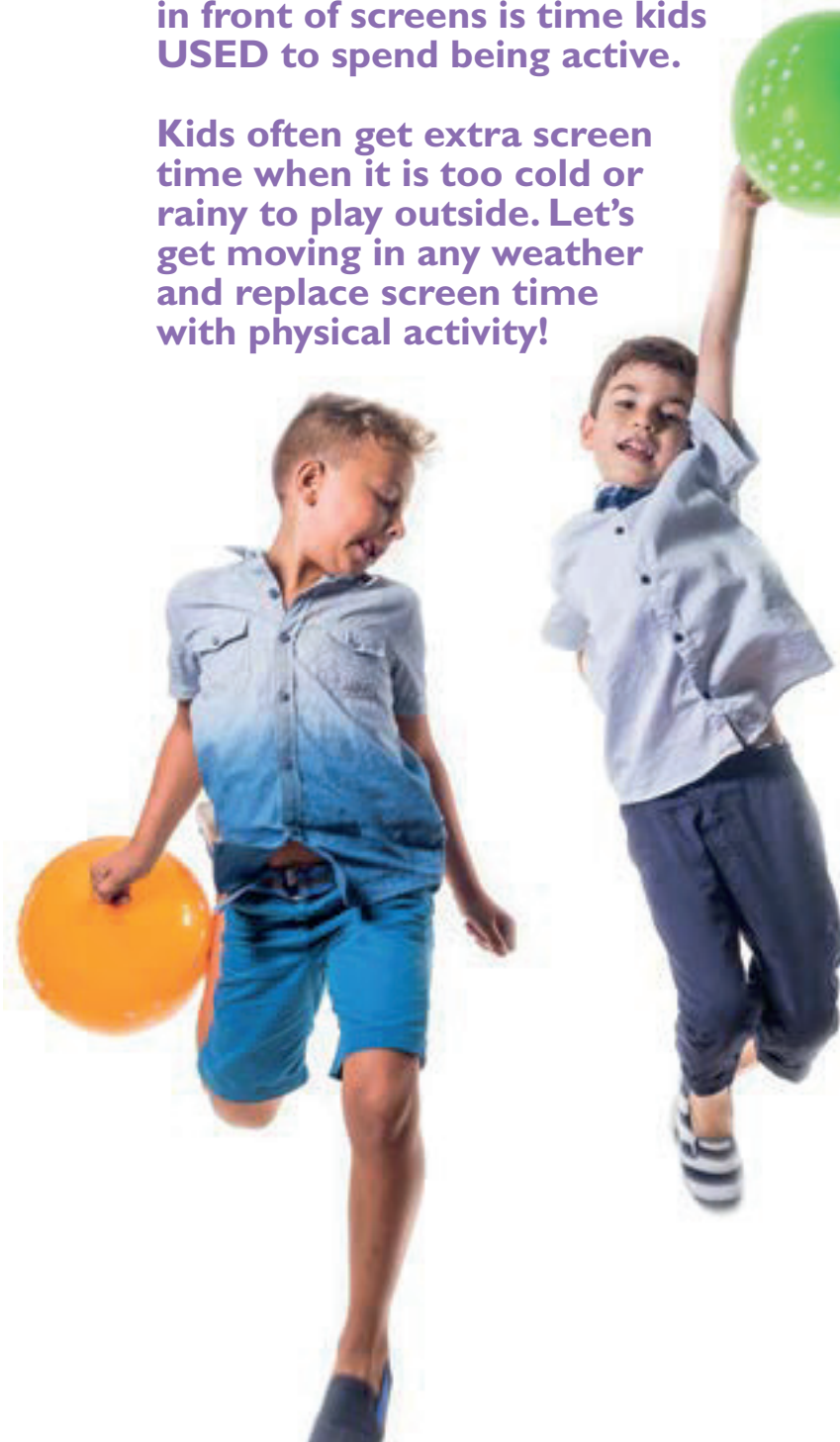
GAME	DESCRIPTION		POSSIBLE MODIFICATIONS
<b>Kickball</b>	2 teams (kicking and fielding). Kicker runs bases. Kicker eliminated if player/base is tagged or if ball is caught by fielding team.	<b>L</b> <b>E</b> <b>T</b> <b>U</b> <b>S</b>	Entire kicking team runs the bases together Instead of OUTS count the number of RUNS the kicking team can score in a given amount of time Split large groups of kids into two separate games Make these changes to help get uninvolved kids involved Fielding team performs a task as a group
<b>Dodgeball</b>	2 teams. If child is tagged with the ball or if the ball is caught they are eliminated from the game.	<b>L</b> <b>E</b> <b>T</b> <b>U</b> <b>S</b>	— Have players switch sides when they are tagged with the ball Split a large game into two smaller games Make these changes to help get uninvolved kids involved Have players switch sides when they are tagged with the ball
<b>Relay Races</b>	Kids in teams of 6 or more. Kids wait in line for turn. Start and finish at one side of the activity area.	<b>L</b> <b>E</b> <b>T</b> <b>U</b> <b>S</b>	Remove lines by modifying the type of relay race (e.g. teams start and finish in center, use different equipment and ways of moving) — Decrease number of kids on each team Make these changes to help get uninvolved kids involved Remove goal keepers and reduce the size of the goals
<b>Soccer</b>	2 teams. 10 v 10. Goalkeepers on each team.	<b>L</b> <b>E</b> <b>T</b> <b>U</b> <b>S</b>	— — Split one large game (e.g. 10 v 10) into two smaller games (e.g. two 5 v 5 games) Make these changes to help get uninvolved kids involved Remove goal keepers and reduce the size of the goals
<b>Tag Games</b>	One or more “chasers” attempt to “tag” or touch other players. Each tagged participant is eliminated.	<b>L</b> <b>E</b> <b>T</b> <b>U</b> <b>S</b>	— Have kids who are tagged become additional chasers — Make these changes to help get uninvolved kids involved Kids perform an active task when tagged Every game starts with multiple taggers

Physical Activity in

# ANY WEATHER

Kids are getting way too much screen time these days—often up to 7 hours a day. Much of the time kids are spending in front of screens is time kids **USED** to spend being active.

Kids often get extra screen time when it is too cold or rainy to play outside. Let's get moving in any weather and replace screen time with physical activity!



Here are a few ideas to keep kids active indoors:

- Turn on music and have a dance party.
- Set up an obstacle course.
- Do age-appropriate exercise videos.
- Do a scavenger hunt.
- Play active games like Red Light Green Light, Freeze Dance, Hopscotch, Tag, Simon Says, or Twister.
- Play balloon volleyball: break into two teams, each with a balloon, and kneel on the floor facing each other. The object of the game is to not let the “volleyball” touch the ground.
- Use the ‘5-2-1-0 Physical Activities Booklet’ that came with your toolkit.

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Physical Activity in

# SMALL SPACES

Limited space is often a barrier to giving kids opportunities for physical activity.

Many out-of-school programs lack consistent access to outdoor areas or gym space where kids can run around and be active. But even when space is limited, you can lead kids through an exercise routine. Use this handout to create your own!

**A complete exercise routine should include the following:**

- 4 heart pumping exercises
- 1-2 balancing exercises
- 1-2 mobility exercises
- 2-3 strengthening exercises
- 3 ground exercises
- 3 flexibility exercises
- End with 1 breathing exercise

See examples of each exercise group on the next page.

**Aim for 10-15 minutes of movement per routine.**

**Consider creating a routine from just 3 or 4 exercises that are repeated** (e.g. “We’re going to do 10 jumping jacks, 10 hops, and run in place for 1 minute. Then we’ll repeat it two more times!”).

**Mix it up!** Change the order of exercises and vary the combinations. Go down to the ground first, and then go back to standing. Play music. Sing and do the dance for songs like the “Hokey Pokey.” Be creative and keep it fresh.

Content adapted from Outer-Islands Teaching and Learning Collaborative Morning Exercise Template by Lauren Jacobs, Maine Winter Sports Center: [www.mainewsc.org](http://www.mainewsc.org)



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continued



try the  
**small space  
exercises**

on the other  
side of this page

### Heart Pumping Exercises:

- Jumping Jacks
- Pretend Jump Rope
- Side-to-Side Hops Feet Together
- Front-to-Back Hops Feet Together
- Hopping on One Foot (in a circle, both directions)
- Running in Place
- Marching in Place
- Star Jumps
- Jumping 180° (jump and land facing the opposite direction)
- Jumping 360° (jump and do a full rotation, landing in the same position)

### Balancing Exercises:

- One-Foot Airplane Position Hold (arms by side or out as “wings”)
- Tree Pose (standing on one leg, other leg bent with foot on calf or thigh)
- Eagle Pose (legs crossed, standing on one leg)
- Standing Snow Angels (make snow angel shape while balancing on one foot)
- Single Leg Swings Front-to-Back

### Mobility Exercises:

- Star Toe Touches (legs apart and straight, arms out, bend down and touch hand to opposite foot)
- Full Body Circles (legs apart, arms out, bend down sideways to make giant circle with upper body down to each leg and back overhead down to the other side)
- Frankenstein Kicks (kick straight leg forward, touch foot with opposite hand)
- Front-to-Back Arm Swings (swing arms like cross-country skiing)
- Knee Hugs (stretch up tall to sky, squat down, and hug knees)

### Standing Strengthening Exercises:

- Squats (keep arms overhead)
- Arm Presses (pretend to “lift a bar” overhead from shoulders)
- Snowball Squats (legs wide, squat down and grab “snow” to make snowball, stand tall, step and “throw it”)
- Arm Circles Forward and Backward (hold arms out straight)

- Hold a Skier Tuck (tuck down, bending at the knees, elbows in front of knees)
- Front Lunges (knee over, but not passing the ankle)
- Side Lunges (both sides)

### On Ground Strengthening Exercises:

- Crab Position (hold and lift one arm and opposite leg, alternating sides)
- Plank Position (hold push-up position)
- Push-ups (knees down if needed)
- Supermans (lie face down, lift arms and legs simultaneously, hold)
- Swimmies (pretend to swim on belly or on back)
- Bicycle Legs (on back)

### Flexibility Exercises:

- Flamingo Stretch (quad stretch, pulling up foot with opposite hand)
- Arm Across Chest Stretch (one arm across the front of body, grasp elbow with opposite hand, pull arm across body without twisting torso)
- Standing Forward Bend (toe touch, legs straight and together)
- Sitting Forward Bend (toe touch, legs straight and together)
- Butterfly Stretch (sitting, bottoms of feet together, flap “wings”)
- Seal Stretch (“cobra” or “upward dog” in yoga)
- Neck Stretches (slowly roll head forward from one shoulder, to chest, to other shoulder and back)
- Core Stretches: Cats (kneeling, round back up, pulling up belly) and Cows (arch back and let belly drop)

### Breathing Exercises:

- Arm Sweeps (inhale while bringing arms up overhead, exhale while dropping arms down to side)
- Breaths of Joy (inhale while bringing arms up, exhale while dropping arms to side, inhale while bringing arms up, exhale while dropping arms down and bending forward to toes)
- Oval Breaths (inhale while bringing arms up overhead, pause and hold. Exhale while dropping arms down to side, pause and hold.)

**small spaces  
big benefits**



# Get Up!

Get one hour or more of physical activity every day.

**1 hour  
or more  
of physical  
activity  
every day**

## LET PHYSICAL ACTIVITY BE FREE AND FUN!

- Take a walk with your family
- Play with your pet
- Play tag
- Take a bike ride (remember to wear your helmet)
- Turn on music and dance
- Jump rope
- Play Frisbee
- Make snow angels

## DID YOU KNOW?

### **Moderate physical activity:**

- Activities that make you breathe hard
- Examples: hiking, dancing
- Aim for one hour a day.

### **Vigorous physical activity:**

- Activities that make you sweat
- Examples: running, aerobics, basketball
- Aim for 20 minutes a day.

## PHYSICAL ACTIVITY

- Makes you feel good
- Helps you keep a healthy weight
- Makes your heart happy
- Makes you stronger
- Makes you flexible

## MOVE FOR AN HOUR EVERY DAY

Encourage at least an hour of daily physical activity for kids **and** adults!

## MAKE PHYSICAL ACTIVITY EASIER

- Make gradual changes to increase your physical activity.
- Incorporate physical activity into your daily routines.
- Try tracking the level of your physical activity using a pedometer.
- Turn off the TV and computer and keep them out of the bedroom.
  - Limit recreational computer time.
- Choose toys and games that promote physical activity.
  - Keep physical activity fun!

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# Take it Outside

With so much technology, it can be hard to pull ourselves away from indoor attractions like computers, TVs and video games. As a result, we miss out on the exciting and beautiful world of nature that is right outside our door. Spending time in nature alone and with our families has positive outcomes for everyone.



**1 hour  
or more  
of physical  
activity  
every day**

Did you know that experts have found that kids who have greater contact with nature are happier, healthier, smarter, more creative, more optimistic, more focused and more self-confident? Families also have stronger bonds and get along better if they participate in activities outside. Getting outside can even help prevent diabetes, behavioral disorders and depression. So, no matter how tempting staying inside may be, making time for nature is really important!

## TIPS TO GET KIDS INVOLVED:

- Make a list of nature activities that your kids want to do and use those activities as rewards.
- Encourage kids to go outside with you while you do yard work.
- Help kids plant a garden and take care of it together.
- Check out books on local animals, like birds, and help your kids pick them out.
- Get other friends and families involved in nature outings too — the more the merrier!

## FUN, FAMILY-FRIENDLY OUTDOOR ACTIVITIES:

- Go apple or berry picking.
- Follow animal tracks.
- Go sledding.
- Camp in the backyard.
- Go stargazing and pick out your favorite constellations.
- Plant a vegetable garden.
- Go for a hike or nature walk.
- Build a fort with branches and leaves.

## RESOURCES

- Children and Nature Network | <http://www.childrenandnature.org/>
- Bike PGH | <http://bikepgh.org/campaigns/commuter-bike-maps/handheld-bike-map/>
- Pittsburgh | <https://getfitpgh.com/incredible-run-routes-in-pittsburgh-map-of-each-route/>
- Pittsburgh Parks Conservancy | <https://www.pittsburghparks.org/mypghparks>



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# Top 5 Anywhere Exercises

1 hour  
or more  
of physical  
activity  
every day

All of these exercises can be done with limited space and no equipment!

## KNEELING PUSH-UPS

Start with your knees on the ground, feet lifted and your hands directly underneath your shoulders. Put your body into a kneeling plank position. Slowly lower your chest down and push your body back up to the starting position. You can also do these on the wall to start or on your toes as you gain strength.

## PLANKS

Start by lying face down. Place your elbows and forearms underneath your chest and prop yourself onto your toes and forearms. Maintain a flat back and do not allow your hips to sag toward the ground. These can also be done in a kneeling position. Start by holding this position for 10 seconds and work your way up to a longer time!

## SQUATS

Sit back like you are sitting in a chair, bending at the knees, hinging at the waist and putting your weight in your heels. Be careful not to extend your knees over your toes! Return to standing once you have reached a comfortable range of motion. If you are worried about your knees, don't go as far down into the squat or use the chair behind you. Slowly sit back on the edge of the chair and then return to a standing position.

## JUMPING JACKS

Start out with this move by stepping one foot out, then the other. As you feel comfortable, work up to jumping both feet out at one time and bring your arms out into a V-position at the same time. This is a great exercise for warming up your muscles!

## RUNNING IN PLACE

Just starting out? March in one place and build up to a jog. Keep it up for 10 – 30 seconds. This simple exercise gets the heart pumping and works important muscles!

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## STEP THREE

# IMPLEMENT ACTION PLAN

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## STRATEGY FIVE

Limit Recreational Screen Time



## STRATEGY 5: Limit Recreational Screen Time

# why does this matter?

**Limiting screen time can help prevent childhood obesity.<sup>1</sup>**

**Young children who spend less time watching TV tend to do better in school, have a healthier diet, and are more physically active when they are older.<sup>2</sup>**

**Too much screen time puts kids at risk** for lower reading scores, attention problems, and problems learning.<sup>3-6</sup>

**Screen time includes time spent watching TV, playing video games, using a computer, and using mobile devices such as smartphones and tablets.**

**As new screen technologies become popular, they don't replace the old ones.** For example, video games and tablets have not replaced television time—they have actually added to the amount of time kids spend with screens.<sup>7</sup>

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## STRATEGY 5: Limit Recreational Screen Time

# how to implement

Kids get most of their recreational screen time during out-of-school hours. Use the ideas below to limit recreational screen time at your program and to support families in doing the same at home.

**Bolded items** mean there is a supporting handout in this section!

### SCREENS

include TVs, computers, video games, tablets, and smartphones.

### RECREATIONAL SCREEN TIME

is screen time used for non-educational purposes.



This program is adapted from  
Let's Go! [www.letsgo.org](http://www.letsgo.org)

### Be wise about screen use during program time:

- Use screen time for educational purposes only.
- Use physical activity to replace screen time.
- Set guidelines for kids' use of personal devices during program time.
- Set a policy for all program staff to limit their use of personal devices to emergencies during program time.

### Support kids and families in limiting recreational screen time:

- Create **Take Home Activity Bags** for families to borrow.
- Send home the **Healthy Activities for School Vacation**.
- Use the **My Favorite Things to Do Instead of Watching TV** worksheet.
- Do a **Screen Time Challenge**.
- **Inspire Families to Participate in National Screen-Free Week**.
- Send home the **It's Summer! Let's Ditch the Screens and Play!** handout.
- Help protect kids from the unhealthy effects of media by teaching them **Media Literacy** skills.

### Learn about the importance of limiting recreational screen time and how to do it, and share this knowledge with kids and families using these handouts:

- **Turn on the Fun**
- **Step Away From the Screen!**
- **Ditch Your Phone for an Hour a Day to Get Active and Play!**
- **Healthy Viewing Habits**
- **Unplug!**
- **Healthy Sleeping Habits**

### Set a policy that limits recreational screen time.

- Refer to the **Let's Go! Recognition Program** packet in the 'Step 5: Celebrate' tab for help with this.

Take Home

# ACTIVITY BAGS

what's in  
your bag?



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## Looking for a way to help families unplug from screens? Try creating Take Home Activity Bags!

1. **Create Take Home Activity Bags or Boxes.** Fill a bag or box with new and different activities for kids and families to do at home as an alternative to screen time. Include special items that your students like but don't have access to every day. You want to provide desirable items that the students want!
2. **Advertise to families.** Let families know that students may "check out" an Activity Bag for the evening as an alternative to screen time. Consider adding the sentence below to parent communications.  
  
"Attention Families! We now provide Take Home Activity Bags available to check out overnight for a fun alternative to screen time! If you'd like to have a screen-free evening, contact \_\_\_\_."
3. **Develop a check-out system.** Who will be responsible for the bags? The school nurse? The librarian? Front office staff? How long will parents be allowed to borrow them for? How will you handle any lost or broken items?
4. **Keep the bags updated.** Use fun and exciting toys and activities!

floor puzzles • board games • story books • activity dice • snow block makers • directions and supplies for special arts and crafts • jump ropes • animal tracks book •



# Healthy Activities for School Vacation

2 hours  
or less  
recreational  
screen time  
every day

Looking for something healthy to do over school vacation? Try some of these activities!

- Go sledding.
- Take a walk.
- Play cards.
- Play baseball.
- Go swimming.
- Go bowling.
- Go roller skating.
- Go on a hike.
- Write a letter.
- Physical activity (your choice)
- Build a snowman.
- Do 25 jumping jacks.
- Build a snow fort.
- Dance to music.
- Play outdoors.
- Play football in the snow.
- Jump rope or skip.
- Go to a sporting event.
- Put veggies on your pizza.
- Eat a banana with peanut butter.
- Eat celery and carrots with dip.
- Drink a glass of water.
- Make a fruit smoothie.
- Eat two fruits with breakfast.
- Do a jigsaw puzzle.
- Play a board game.
- Create a skit or play.
- Strike a yoga pose.
- Build a fort.
- Make a card for someone special.
- Help make dinner.

*Circle each activity when completed. Try out as many as you can!*

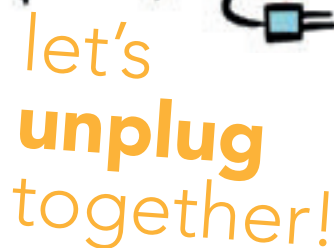
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# INSTEAD OF **WATCHING TV**



[www.letsgo.org](http://www.letsgo.org)

puzzles • reading • dancing • singing •  
hopsotch • building towers • playing  
dress-up • jumping • rolling down hills •  
walking • riding a bike • playing catch •  
helping in the kitchen • flying kites

[illegible]

Take the

# SCREEN TIME CHALLENGE

Screens include TVs, computers, video games, tablets, and smartphones.

We know that most kids are getting too much screen time but often we don't know just how much. A fun way to find out and also reduce the amount of screen time is to challenge students to set a goal and then track the amount of screen time they are getting.

## The challenge is easy

1. Make a copy of the log below for each student to use and track their screen time. They can either bring it home or complete it in class.
2. Ask each student to set a goal for limiting the amount of screen time they get each day. Then ask them to write their goal in the top line of the screen time log.
3. Once they have their goal, ask them to record how much screen time they get each day of the week.
4. At the end of the challenge, ask students to share if they met their goal or not for every day of the week. If not, how many days out of the week did they achieve their goal? What do they think were the reasons they either met or didn't meet their goal?

## Screen Time Goal

	T.V. OR MOVIES	VIDEO GAMES	TEXTING OR EMAIL	INTERNET BROWSING	TOTAL HOURS PER DAY
Daily Goal					
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					
TOTAL HOURS PER WEEK					

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Inspire Families to Participate in

# NATIONAL SCREEN-FREE WEEK



**Screen-Free Week is seven days every May when kids, families, and communities around the world unplug from digital entertainment and rediscover the joys of life beyond the screen.**

The Saco, Maine School Department, with help from Let's Go! York County, inspired students and families to participate in National Screen-Free Week using the following steps. Your program can follow these same steps to inspire kids and families to participate in National Screen-Free Week!

## Far in advance:

- Apply for grant funding to purchase materials for a "Screen-Free Week Survival Kit." Kits may contain things like a set of Fitness Dice, daily activity log sheets, small incentive prizes, and Achievement Certificates which each student receives at week's end.

## Couple weeks before:

- Send home a letter telling parents that their child's program will be participating in Screen-Free week and encouraging families to take part as well.

## The week before:

- Brief staff on the plans for Screen-Free Week.
- Hang Screen-Free Week posters throughout the program space.

## Tips for success from Karen MacKenzie, Fairfield Elementary School 5-2-1-0 Champion:

- Have staff use a common message to help get students and families on board, such as "Turn off the TV and turn on \_\_\_\_\_ (life, books, creativity, fun, etc.)!"
- Reference Screen-Free Week in newsletters, e-mails, web pages, etc. Talk it up in many ways!
- Remind kids daily that this is a special week and a special challenge.
- Bring in fresh new activities and games for movement breaks.
- Motivate students to participate with small prizes





# IT'S SUMMER!

Let's Ditch the SCREENS and

# PLAY

**How many of these fun summer activities can you complete this summer?**

- ☐ Build a fort.
- ☐ Build sand castles.
- ☐ Catch butterflies.
- ☐ Cheer for a local sports team.
- ☐ Clean a local park.
- ☐ Climb trees.
- ☐ Dig up worms.
- ☐ Do a water balloon toss.
- ☐ Draw with sidewalk chalk.
- ☐ Eat watermelon and have a spitting seeds contest.
- ☐ Finger paint.
- ☐ Go berry picking.
- ☐ Go camping.
- ☐ Go fly a kite.
- ☐ Go on a nature walk.
- ☐ Go rollerblading/roller-skating.
- ☐ Go swimming.
- ☐ Go to a Farmer's Market.
- ☐ Go to the playground.
- ☐ Have a dance party.

- ☐ Have a healthy picnic.
- ☐ Have a hula hoop contest.
- ☐ Have a sack race.
- ☐ Have a three-legged race.
- ☐ Hug a tree.
- ☐ Make a fruit smoothie.
- ☐ Make flavored water by adding mint and cucumber to a pitcher of ice water.
- ☐ Make sock puppets.
- ☐ Paint rocks.
- ☐ Plant a seed.
- ☐ Play dress up.
- ☐ Play flashlight tag.
- ☐ Play hide and seek.
- ☐ Play mini-golf.
- ☐ Play with face paint.
- ☐ Run through the sprinkler.
- ☐ Wash the car by hand.
- ☐ Go star-gazing.



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## HAVE AN ABC SCAVENGER HUNT!

Write the ABCs on the edge of a paper plate and give one plate to each child. Walk around the yard or neighborhood. When they see something that starts with that letter (e.g.: Nest - N), mark off the N on their plate.

# THINK MEDIA LITERACY

## What is Media Literacy?

Media literacy is the ability to think critically about the messages heard, seen, and read through books, magazines, TV, advertising, radio, internet, and other media.

Media literacy education is used to protect children and adolescents from the unhealthy effects of media by teaching them skills to think critically about messages in the media.

## Use these key questions from the Center for Media Literacy to help children analyze media messages:

- Who created this message?
- What creative techniques are used to attract my attention?
- How might different people understand this message differently from me?
- What lifestyles, values, and points of view are represented in, or left out from, this message?
- Why is this message being sent?

The goal of asking questions like this is to help children build the habit of analyzing the media messages they are exposed to.

## Recommended resources:

- Center on Media and Child Health, [www.cmch.tv](http://www.cmch.tv)
- Center for Media Literacy, [www.medialit.org](http://www.medialit.org)
- Media Literacy Clearinghouse, [www.frankwbaker.com/mlc](http://www.frankwbaker.com/mlc)
- Action Coalition for Media Education, [www.acmecoalition.org](http://www.acmecoalition.org)
- Common Sense Education, [www.common sense media.org/educators](http://www.common sense media.org/educators)

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# Turn on the Fun

Life is lots more fun when you join in! Watching TV is associated with more snacking and increased obesity. Too much TV has been linked to lower reading scores and attention problems. Screen time includes TV, computer, Playstation and Gameboy. All are important to limit.

2 hours  
or less  
recreational  
screen time  
every day

## TAME THE TV AND COMPUTER

- Set limits — know how much TV your child is watching.
- Set some basic rules, such as no TV or computer before homework is done.
- Do not watch TV during meal time.
- Use a timer. When the bell rings, it's time to turn off the TV.
- Eliminate TV time during the week.

## HEALTHY SCREEN TIME

- No TV/computer under the age of 2
- No TV/computer in children's bedrooms
- One hour of educational TV/computer time between ages 2 and 5
- After the age of 5, two hours or less

## PLAN VIEWING IN ADVANCE

- Keep books, magazines and board games in the family room.
- Make a list of fun activities to do instead of being in front of a screen.
- Set family guidelines for age-appropriate shows.

## TRY THESE ACTIVITIES INSTEAD OF WATCHING TV:

- Ride a bike
- Go on a nature hike
- Complete a puzzle
- Turn on music and dance
- Read a book or magazine
- Spend time catching up with your family
- Go to the park
- Play board games or charades
- Play ball (basketball, catch, soccer, etc.)
- Visit the Homewood or Hazelwood Early Learning Hub
- Visit your local branch of the Carnegie Library of Pittsburgh
- Visit Phipps Conservatory and Botanical Gardens
- Visit the Children's Museum of Pittsburgh
- Visit the National Aviary
- Visit the Carnegie Museum of Art
- Visit the Carnegie Museum of Natural History
- Visit Assemble Pittsburgh
- Visit the Carnegie Science Center
- Visit the Heinz History Center
- Visit downtown Pittsburgh's Cultural District
- Rollerblade
- Sled, ski or snowshoe
- Walk, run or jog
- Start a journal

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# Step Away FROM THE SCREEN!

Did you know research shows that when parents set media rules, children's media use is almost three hours lower per day! TVs are on for an average of 7 hours and 40 minutes per day! Let's shake up the routine!

## Indoor alternatives to screen time:

- Clean your room.
- Cook dinner for the whole family.
- Pick up a new, unique hobby.
- Learn all the words to a song you like.
- Create a dance routine to your favorite song.
- Help with work around the house.
- Teach yourself a new language (or make one up!).
- Have a quality conversation with someone face-to-face.
- Read a book for pleasure.
- Volunteer at a local charity.
- Call a friend instead of texting them.

## Outdoor alternatives to screen time:

- Organize a neighborhood scavenger hunt.
- Take a walk with your family.
- Ride your bike or skateboard to the nearest park (don't forget your protective gear!).
- Play catch with friends and/or family.
- Practice your favorite sport (or try a new one!).

## Suggested rules to live by:

- 2 hours or less per day\* of total screen time (includes TV, non-school related computer time, and video games).
- No TV during meal times.
- No TV during homework.
- No TV sets in any bedrooms.
- No eating while watching TV.
- No channel surfing – watch favorite shows only.
- Limit viewing to specific days/times.

\*As recommended by the American Academy of Pediatrics



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# GET ACTIVE + **PLAY!**

## DITCH YOUR PHONE for

## 1 HOUR A DAY

**Focus on fun and try a few of these physical activities with your family.**

- Biking
- Hula-Hooping
- Walking
- Jumping Rope
- Running
- Soccer
- Yoga
- Frisbee
- Hiking
- Pilates
- Scavenger Hunt
- Dancing
- Tennis
- Jogging
- Whiffle Ball
- Kayaking
- Basketball
- Skating

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**WHO:** You and your family

**WHAT:** 1 hour of physical activity

**WHEN:** Every day after school or work

**WHERE:** Outside – or inside if it's too dark out

**HOW:** Ditch the social media, pick an activity, and **GO! GO! GO!**

### Tips for getting started:

- Create a healthy environment for your family by doing physical activity together.
- Leave electronic devices in a designated area and have the whole family do fun activities together
- Pick a variety of activities to work on strength, endurance, and flexibility (e.g. do sit-ups and push-ups on Monday, play basketball on Tuesday, and do yoga poses on Wednesday).
- Track your activity and encourage each other along the way to having a stronger, healthier family.



Content adapted from contributions by Gretchen Cullenberg. Learn more at [www.gretchhealth.org](http://www.gretchhealth.org)



# Healthy Viewing Habits

2 hours  
or less  
recreational  
screen time  
every day

The American Academy of Pediatrics recommends that kids under 2 years of age not watch any TV and that those older than 2 watch no more than one to two hours a day of quality programming. Here are some tips you can use to help your child develop positive TV and computer habits.

## HELPFUL TIPS

- Keep TVs, DVD players, video games and computers out of your child's bedroom.
- Turn off the TV during meals.
- Treat TV as a privilege to be earned by completing homework or chores, and establish and enforce family TV-viewing rules.
- Encourage kids to engage in alternative activities.
- Make books, magazines and board games readily available.



## DID YOU KNOW?

- According to the Kaiser Family Foundation, two-thirds of infants and toddlers watch a screen an average of two hours a day. Kids under 6 watch an average of two hours of screen media a day.

The first two years of life are critical for brain development, and electronic media can get in the way of exploring, playing and parent-child interactions that promote positive growth.

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Download more 5-2-1-0 resources at [letsmovepittsburgh.org/5210](http://letsmovepittsburgh.org/5210). To start a 5-2-1-0 campaign at your home or organization, please contact [letsmove@phipps.conservatory.org](mailto:letsmove@phipps.conservatory.org).



Let's Move Pittsburgh is affiliated with Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! [www.letsgo.org](http://www.letsgo.org).

# Unplug!

Life is a lot more fun when you join in!



2 hours  
or less  
recreational  
screen time  
every day

## TRY THESE ACTIVITIES INSTEAD OF WATCHING TV:

- Take a walk.
- Ride a bike.
- Go for a hike.
- Build a puzzle.
- Go camping.
- Go to a sporting event.
- Play a board game.
- Read a book.
- Play outside.
- Dance to music.
- Start a journal.
- Jump rope or skip.
- Help make dinner.
- Strike a yoga pose.
- Go bowling.

## HELPFUL WEBSITES:

[www.turnoffyourtv.com](http://www.turnoffyourtv.com)

[www.screentime.org](http://www.screentime.org)

[www.cmch.tv](http://www.cmch.tv)

## INTERESTING FACTS:

- **38.5:** Minutes per week that parents meaningfully converse with their children.
- **1,680:** Minutes per week that the average child watches television.
- **20,000:** Number of 30-second commercials seen in a year by an average child.
- **50%:** Percentage of children ages 6–17 who have TVs in their bedrooms.
- **70%:** Percentage of childcare centers that use TVs during a typical day.
- **900:** Hours per year that the average American youth spends in school.
- **1,500:** Hours per year that the average American youth watches television.
- **66%:** Percentage of Americans who regularly watch television while eating dinner.

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# HEALTHY SLEEPING HABITS

## How much sleep is enough?

There are no exact number of hours of sleep required by all kids in a certain age group, but the National Sleep Foundation suggests:

- Preschoolers (ages 3 to 5) need 10 to 13 hours of sleep a night.
- School-Age kids (ages 6 to 13) need 9 to 11 hours of sleep a night.
- Teens (ages 14 to 17) need 8 to 10 hours of sleep a night.

The average kid has a busy day. There's school, taking care of pets, playing with friends, participating in sports practice or other activities, and doing homework. By the end of the day, kids need sleep. However, a lot of kids are not getting the sleep they need. National experts surveyed kids about their sleep habits and here's what they learned:

- 70% of kids said they wish they could get more sleep.
- 71% of kids said they feel sleepy or very sleepy when it's time to wake up for school.
- 25% of kids said they feel tired at school every single day.



## Six tips for bedtime

It may be a challenge to make a change to your children's bedtime routine, but if you stick to it your efforts will pay off.

1. Help your child prepare for school the night before by laying out their clothes, backpack, etc.
2. Set up a routine where kids slow down before bed and go to bed about the same time each night.
3. Avoid screen time at least one hour before bedtime.
4. Make the bedroom a cozy environment where your child wants to be.
5. Make the bedroom a screen-free zone.
6. Adjust your child's bedtime earlier if they are not getting enough sleep.

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[www.letsgo.org](http://www.letsgo.org)

## STEP THREE

# IMPLEMENT ACTION PLAN

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## STRATEGY SIX

Participate in Local, State and National Initiatives  
that Support Healthy Eating and Active Living



## STRATEGY 6: Participate in Local, State, and National Initiatives that Support Healthy Eating and Active Living

# why does this matter?

Other initiatives may **share new information, tools, and resources** that will support your efforts and increase the potential to create change.<sup>1-3</sup>

**Valuable relationships can be formed through collaboration** with other initiatives that will help promote culture change across the community.<sup>1-3</sup>

Coordinating with other initiatives to support healthy eating and active living will help to **improve the commitment and sustainability of local efforts.**<sup>1-3</sup>



#### References

1. Keener D, Goodman K, Lowry A, Zaro S, Khan LK. Recommended community strategies and measurements to prevent obesity in the United States: Implementation and measurement guide. *Centers for Disease Control and Prevention*. 2009.
2. Organization WH. Population-based prevention strategies for childhood obesity: report of a WHO forum and technical meeting, Geneva, 15-17 December 2009. 2010.
3. Davis MM, Gance-Cleveland B, Hassink S, Johnson R, Paradis G, Resnicow K. Recommendations for prevention of childhood obesity. *Pediatrics*. 2007;120(Supplement 4):S229-S253.

## STRATEGY 6: Participate in Local, State, and National Initiatives that Support Healthy Eating and Active Living

# how to implement

Bring fresh ideas and resources to your *Let's Go!* work when you participate in other initiatives that support healthy behavior.

**Bolded items** mean there is a supporting handout in this section!

here, there,  
everywhere!



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This program is adapted from Let's Go!  
[www.letsgo.org](http://www.letsgo.org)

### Follow the **National AfterSchool Association Healthy Eating and Physical Activity (HEPA) Standards in Out-of-School Time.**

- Learn how the **Let's Go! 10 Strategies for Success Align with HEPA Standards.**

### Use curricula to guide your *Let's Go!* efforts.

- Check out the **Healthy Eating and Physical Activity Curricula.**

### Get involved with one of these excellent initiatives:

- Allegheny Partners for Out-of-School Time (APOST)  
[www.afterschoolpgh.org](http://www.afterschoolpgh.org)
- Alliance for a Healthier Generation  
[www.healthiergeneration.org](http://www.healthiergeneration.org)
- Bike Pittsburgh  
[www.bikepgh.org/positivespin](http://www.bikepgh.org/positivespin)
- Grow Pittsburgh  
[www.growpittsburgh.org](http://www.growpittsburgh.org)
- Healthy Kids Out of School  
[www.growpittsburgh.org](http://www.growpittsburgh.org)
- Live Well Allegheny  
[www.livewellallegheny.com](http://www.livewellallegheny.com)
- National AfterSchool Association  
[www.naaweb.org](http://www.naaweb.org)
- National Institute of Health We Can! Program  
[www.nhlbi.nih.gov/health/educational/wecan](http://www.nhlbi.nih.gov/health/educational/wecan)
- Penn State Extension Nutrition Links  
[www.extension.psu.edu/health/nutrition-links](http://www.extension.psu.edu/health/nutrition-links)
- Women for a Healthier Environment  
[www.womenforahealthierenvironment.org](http://www.womenforahealthierenvironment.org)

### Plan themed activities to celebrate national health days.

- Mark the **Healthy Dates to Celebrate** on your calendar.

# 10 STRATEGIES FOR SUCCESS

## ALIGN WITH HEPA STANDARDS

Let's Go!'s 10 evidenced-based strategies align with the National AfterSchool Association (NAA) Healthy Eating Physical Activity (HEPA) standards. Participating with Let's Go! can help you meet HEPA standards and vice versa. The charts below and on the next page show which of the Let's Go! strategies align with these national standards for healthy eating and physical activity.

NATIONAL AFTERSCHOOL ASSOCIATION (NAA) HEPA STANDARD		CORRESPONDING LET'S GO! STRATEGY
HEALTHY EATING STANDARDS		
CONTENT & QUALITY	Programs serve foods and beverages in amounts and types that promote lifelong health and help prevent chronic disease. These include minimally processed foods made with whole grains and heart-healthy fats or oils and without added sugar or trans fats; fruits and vegetables; and beverages made without added sugars.	STRATEGY 1 STRATEGY 2 STRATEGY 10
STAFF TRAINING	Staff regularly participate in learning about healthy eating grounded in effective training models using content that is evidence-based.	STRATEGY 9
NUTRITION EDUCATION CURRICULUM	Programs that offer nutrition education classes will ensure that materials presented to children are evidence-based, do not support a particular industry or food sector agenda, and are delivered by qualified personnel.	STRATEGY 6 STRATEGY 7
SOCIAL SUPPORT	The program creates a social environment, including positive relationships, that encourages children to enjoy healthy foods. Research shows that children's food choices are influenced not only by food appearance, taste and familiarity, but also by social factors including peers, role models, group dynamics, and having healthy options.	STRATEGY 1 STRATEGY 3 STRATEGY 8
PROGRAM SUPPORT	Infrastructure supports healthy eating through management and budgeting practices.	STRATEGY 1 STRATEGY 10
ENVIRONMENTAL SUPPORT	The program's physical environment supports healthy eating. Availability of vending machines, advertising, and availability of kitchen facilities can all influence food choices and food availability.	STRATEGY 1 STRATEGY 5

The National AfterSchool Association has a list of additional best practices to help you understand and implement the HEPA standards. Review the complete list at [www.niost.org/pdf/host/Healthy\\_Eating\\_and\\_Physical\\_Activity\\_Standards.pdf](http://www.niost.org/pdf/host/Healthy_Eating_and_Physical_Activity_Standards.pdf).

NATIONAL AFTERSCHOOL ASSOCIATION (NAA) HEPA STANDARD		CORRESPONDING LET'S GO! STRATEGY
PHYSICAL ACTIVITY STANDARDS		
<b>CONTENT &amp; QUALITY</b>	The program's physical activity offerings support the USDHHS 2008 guidelines recommending that all children and youth obtain at least 60 minutes of physical activity per day that includes a mixture of moderate and vigorous intensity activity as well as bone and muscle strengthening activities.	<b>STRATEGY 4</b> <b>STRATEGY 5</b>
<b>STAFF TRAINING</b>	Staff participate in learning about physical activity using effective training models and using content that is evidence-based.	<b>STRATEGY 9</b>
<b>SOCIAL SUPPORT</b>	The program creates a social environment, including positive relationships, that encourages children to enjoy and participate in physical activity. Research shows that children's physical activity choices are influenced not only by preference and familiarity, but also by social factors including peers, role models, group dynamics, and having multiple options.	<b>STRATEGY 4</b> <b>STRATEGY 8</b>
<b>PROGRAM SUPPORT</b>	Infrastructure supports physical activity through management and budgeting practices.	<b>STRATEGY 4</b> <b>STRATEGY 9</b>
<b>ENVIRONMENTAL SUPPORT</b>	The program's physical environment supports the physical activity standards.	<b>STRATEGY 4</b>

### Let's Go!'s 10 Strategies for Success

1. Limit unhealthy choices for snacks and celebrations; provide healthy choices.
2. Limit or eliminate sugary drinks; provide water.
3. Prohibit the use of food as a reward.
4. Provide opportunities to get physical activity every day.
5. Limit recreational screen time.
6. Participate in local, state, and national initiatives that support healthy eating and active living.
7. Engage community partners to help support healthy eating and active living.
8. Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.
9. Implement a staff wellness program that includes healthy eating and active living.
10. Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.



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Curricula for

# HEALTHY EATING AND PHYSICAL ACTIVITY

Looking for some fresh ideas for adding 5-2-1-0 themes to your program? Numerous curricula aimed at encouraging healthy eating and physical activity in youth are available to out-of-school programs. Here are some of our favorites! Each of these curricula can be accessed online at no cost.



**GoNoodle** is designed for a classroom environment and features video-led activities ranging from 1 to 20 minutes. Using exercise science and research, GoNoodle activities are designed to be healthy for the body, engaging for the attention, and beneficial to the brain in specific ways.

[www.gonoodle.com/](http://www.gonoodle.com/)



**The HOP'N After School** curriculum includes 26 one-hour modules on healthy eating and active living themes. The curriculum aims to build students' skills and self-efficacy for self-regulation and for changing youth environments. HOP'N After School was developed with support from a grant from the USDA to Kansas State University.

**NOTE:** You must complete the 'HOP'N After School Curriculum Agreement' at the bottom of the webpage to gain access to this free curriculum.

[www.hopn.org](http://www.hopn.org)



**PlayWorks** has found, created, and sorted hundreds of games to engage kids in safe and healthy play. Their "Game Library" can be sorted by age, equipment, group size, and length of time.

[www.playworks.org/playbook/games](http://www.playworks.org/playbook/games)



**Recess Rocks** brings fun, low-cost, non-competitive exercise and kinesthetic learning into recess periods and the classroom. The Recess Rocks Toolkit is loaded with tips, instructions, and sample classes for schools and out-of-school programs.

**NOTE:** Toolkit is free if you sign up for the Recess Rocks! Newsletter.

[www.recessrocks.com/toolkit.php](http://www.recessrocks.com/toolkit.php)





# Live Well Allegheny

Live Well Allegheny (LWA) is our county's initiative to improve the health and wellness of county residents – and we're not doing this alone. Over the last two years, Allegheny County has worked cooperatively to provide our residents with the resources they need to have an active, healthy lifestyle. The Live Well Allegheny campaign brings together stakeholders, partners, municipalities, schools, workplaces, restaurants and more to improve the physical health, and general well-being of our community.

You, too, can be a part of the effort. You can pledge to make healthy choices and help your family, friends and neighbors achieve wellness. Visit [www.livewellallegheny.com](http://www.livewellallegheny.com) to get tips on eating well and active living, learn about activities and events that you and your family can participate in, and search for local resources available to you.

Interested in the other initiatives that inform the campaign and contribute to making Allegheny County the healthiest county in the nation? Learn more below, visit [www.livewellallegheny.com](http://www.livewellallegheny.com), or contact Hannah Hardy at 412-247-7946 or [Hannah.Hardy@AlleghenyCounty.us](mailto:Hannah.Hardy@AlleghenyCounty.us).



**Live Well Allegheny Communities** is the portion of the campaign dedicated to participation by the county's 130 municipalities. To date, over 20 communities have committed to help us live well through an executive action or resolution. Participating communities are asked to choose at least three action steps to promote living well.

**Live Well Allegheny Schools** takes the campaign to another level, and asks participating schools to share body mass index (BMI) data at the school level, and to choose four action steps to promote the goals of the campaign. School board members or school administrators can join the five participating districts by taking an executive action or passing a resolution.



**Live Well Allegheny Restaurants** recognizes restaurants or food businesses that have eliminated trans-fat oils, are smoke free and do not sell tobacco products. A formal letter by the ownership or management committing to the items above, and choosing three other action steps, is the first step to this designation.

**Live Well Allegheny Workplaces** is an initiative aimed at making workplaces healthy places for employees. To be designated as part of the initiative, a formal letter signed by the leadership, or action by an organization's chief executive, is required which identifies four action steps to make the workplace healthier.



**Live Well Allegheny Community Partners** are organizations that help us make healthy choices through events or activities that align with the mission of the campaign. The application to be considered a partner can be found on the LWA website under the "Join Us" link.

LWA is operated under the leadership of the Board of Health and Health Department Director Dr. Karen Hacker. It was launched in January 2014 by County Executive Rich Fitzgerald.

Put These on Your Calendar

# HEALTHY DATES TO CELEBRATE

who doesn't  
like to celebrate!

The chart below shows some of the special days, weeks, and months of the year for celebrating health. Choose the special occasions you would like to celebrate with the kids. By adding these healthy dates into your schedule, you'll enhance your curriculum, support healthy eating, and promote physical activity all at the same time!

MONTH	SPECIAL DAYS, WEEKS, AND MONTHS
<b>September</b>	Fruits and Veggies – More Matters <a href="http://www.fruitsandveggiesmorematters.org">www.fruitsandveggiesmorematters.org</a> Family Health and Fitness Day USA <a href="http://www.fitnessday.com">www.fitnessday.com</a>
<b>October</b>	Health Literacy Month <a href="http://www.healthliteracy.com">www.healthliteracy.com</a> International Walk to School Month <a href="http://www.iwalktoschool.org">www.iwalktoschool.org</a>
Week 2	National School Lunch Week <a href="http://www.schoolnutrition.org">www.schoolnutrition.org</a>
<b>November</b>	Take a Hike Day (17th) National Parfait Day (25th)
<b>December</b>	National Hand Washing Awareness Month <a href="http://www.henrythehand.com">www.henrythehand.com</a>
<b>January</b>	National Fiber Focus Month Oatmeal Month <a href="http://wholegrainscouncil.org/">http://wholegrainscouncil.org/</a>
Week 4	Healthy Weight Week <a href="http://www.healthyweight.net/hww.htm">www.healthyweight.net/hww.htm</a>
<b>February</b>	National Sweet Potato Month American Heart Month <a href="http://www.heart.org">www.heart.org</a>
<b>March</b>	National Nutrition Month <a href="http://www.eatright.org">www.eatright.org</a>
Week 2	National School Breakfast Week <a href="http://www.schoolnutrition.org">www.schoolnutrition.org</a>
<b>April</b>	National Garden Month <a href="http://www.nationalgardenmonth.org">www.nationalgardenmonth.org</a>
<b>May</b>	National-Screen-Free Week <a href="http://www.screenfree.org">www.screenfree.org</a> National Strawberry Month National Physical Fitness and Sports Month <a href="http://www.foh.hhs.gov/dbdmarketing/npfsm.html">www.foh.hhs.gov/dbdmarketing/npfsm.html</a> National Bike Month <a href="http://www.bikeleague.org">www.bikeleague.org</a> All Children Exercise Simultaneously (ACES) <a href="http://www.lensaunders.com/aces">www.lensaunders.com/aces</a>
1st Wed	
<b>June</b>	National Fresh Fruit and Vegetable Month
<b>August</b>	Watermelon Day (3rd)

**For more special monthly observations, go to:**

<http://healthymeals.nal.usda.gov/features-month-1>

<http://snap.nal.usda.gov/nutrition-through-seasons/holiday-observances>

<http://food.unl.edu/fnh/january>



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## STEP THREE

# IMPLEMENT ACTION PLAN

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## STRATEGY SEVEN

Engage Community Partners to Help Support  
Healthy Eating and Active Living



## STRATEGY 7: Engage Community Partners to Help Support Healthy Eating and Active Living

# why does this matter?

**Positive change is more likely to occur** when community partners are part of a program's development and implementation.<sup>1</sup>

**Engaging community partners and building coalitions** can help to coordinate and align efforts and leverage resources in the community to support healthy eating and active living.<sup>2</sup>

**Community engagement can help build trust,** find new resources and allies, create better communication, and improve overall health outcomes as successful projects evolve into lasting collaborations.<sup>1</sup>



#### References

1. Centers for Disease Control and Prevention. *Principles of community engagement: Second edition*. CDC/ATSDR Committee on Community Engagement. 2011.
2. Koplan JP, Liverman CT, Kraak VI. Preventing childhood obesity: health in the balance: executive summary. *J. Am. Diet. Assoc.* 2005;105(1):131-138.

## STRATEGY 7: Engage Community Partners to Help Support Healthy Eating and Active Living

# how to implement

Community partners can add expertise and extra hands to your *Let's Go!* efforts. Think about how you might include one of these community partners in your plan for the year.

**Bolded** items mean there is a supporting handout in this section!

### Engage community partners:

- Connect with community partners that can safely provide yoga, dance, tai chi, or other types of fitness instruction to introduce kids to different forms of physical activity.
- Use the **Sample Language for Engaging Contracted Instructors in Your *Let's Go!* Efforts.**
- Ask SNAP Educators to provide nutrition education.
- Ask health professionals such as your school physician, local pediatrician, or nutritionist to come share their expertise.
- Ask Cooperative Extension or Phipps Master Gardeners to help with your garden.
- Invite local college students to lead a healthy activity.
- Take a tour of a local farm to learn how fruits and vegetables are grown.
- Follow the steps to **Build a Partnership with Your Local Grocery Store.**
- Seek funding using the **Sample Letter for Requesting Support from Local Businesses.**
- Involve kids in **Activities that Involve the Community** in healthy eating and active living.



This program is adapted from Let's Go!  
[www.letsgo.org](http://www.letsgo.org)



Sample Language for

# ENGAGING CONTRACTED INSTRUCTORS

In Your *Let's Go!* Efforts

**Contracted instructors like yoga teachers, art teachers, tutors, and others, can expand the variety of quality programming available to kids in out-of-school programs. To ensure consistency in your healthy eating and active living messages and practices, use the sample language below when forming contracts with instructors.**



This program is adapted from  
*Let's Go!* [www.letsgo.org](http://www.letsgo.org)

As a part of our efforts to improve health and wellness, our program participates in Let's Move Pittsburgh's 5-2-1-0 program, adapted from *Let's Go!*, a nationally recognized program based out of The Barbara Bush Children's Hospital at Maine Medical Center. *Let's Go!* helps to create healthier environments in schools, child care and out-of-school programs, health care practices, workplaces, and communities—the places where kids and their families live, learn, work, and play. *Let's Go!* is centered around the common message of 5-2-1-0:

**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.

Through our participation with *Let's Go!*, we are working hard to improve our environment to support the 5-2-1-0 behaviors. We expect that all program staff, including contracted instructors, will commit to *Let's Go!*'s 5 priority strategies:

1. Limit unhealthy choices for snacks and celebrations; provide healthy choices.
2. Limit or eliminate sugary drinks; provide water.
3. Prohibit the use of food as a reward.
4. Provide opportunities to get physical activity every day.
5. Limit recreational screen time.

The 5-2-1-0 Goes Out-of-School Toolkit contains tools and resources to help you implement these strategies. We have a hard copy here and the full toolkit is available online at [www.letsgo.org](http://www.letsgo.org). Thank you for joining us in our commitment to healthy kids!

Build a Partnership with Your

# LOCAL GROCERY STORE

**Accessing healthy snacks for your out-of-school program can be difficult, and serving healthy snacks is sometimes more expensive than serving less healthy options, like chips and cookies. But you can look to your local grocery store for help!**

## Gather information to share with your potential grocery store partner.

- How many children are enrolled in your program; what ages are they?
- How often, and for how long, does your program meet?
- Is a snack and/or meal served at every program session?
- What kinds of fruits and vegetables would you like to serve at your program?
- How much does your program typically spend on snacks per day/week/month? Per child?

## Plan out what your request will be.

- Visit the store to price out the items you'd like discounted. Record the generic store-brand price, as most stores will offer discounts on their store brand.
- Consider whether you will request a percentage discount (e.g. 5%) or a flat-rate discount (e.g. \$5 off), and on what types of items (e.g. produce).
- When, and for how long, will you request the discount (i.e. one season, or year-round)? It can take time to set up a discount agreement, so make sure to plan ahead.
- What's in it for the store? Can you offer to promote the store in your program's newsletter, or distribute coupons to parents?

## Connect with the grocery store manager.

- Introduce yourself and your program, and describe your request. Explain why the grocery store is an ideal partner. Maybe mention its strong community presence or its great produce department.
- Describe how this discount will benefit the kids in your program as well as the store. If possible, offer to promote the partnership through your program's website or newsletter.
- If the store manager is open to providing a discount, discuss details. What foods will be covered? Will the store provide the discount through a special coupon, store loyalty card, or some other method? Will you need to follow any special procedures?

Adapted from the Healthy Kids Out of School Snack It Up Grocery Store Partnership Toolkit  
[www.healthykidshub.org](http://www.healthykidshub.org)



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## Sample Language for Requesting

# SUPPORT FROM LOCAL BUSINESSES

### Keys to a successful letter:

- **Be specific!**  
Determine what you would like funds for and ask for it specifically.
- **Consider listing a specific amount.**
- **Consider asking for a product as opposed to money.** Food stores may rather donate healthy snacks instead of money.



www.lets-go.org

Dear \_\_\_\_\_ ,

Our program is participating in a healthy lifestyle program called *Let's Go!*. *Let's Go!* is centered around the following message:

**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.

Through *Let's Go!*, we are working hard to create environments, policies, and practices at our program that promote and support healthy eating and active living.

I am writing to request your support for our efforts. While *Let's Go!* can be implemented at no cost, additional funding allows for enhanced implementation of the program. With additional funding, we could contribute to sustainable change by \_\_\_\_\_.\*. The total cost is estimated at: \$\_\_\_\_\_. A donation of any amount is greatly appreciated.

Engaging community leaders is one of our goals as a part of the *Let's Go!* program. Support from local businesses will enhance our community as a whole. Thank you for considering our request and please contact me at \_\_\_\_\_ with any questions.

Sincerely,

### \*Examples to fill in the blank with:

- ...purchasing physical activity equipment that would be used to reward good behavior.
- ...being able to provide fresh fruits and vegetables for snack once a month.
- ...supporting a staff wellness development program for all our staff.
- ...improving the food environment by purchasing salad bars, new equipment, etc.
- ...purchasing pedometers for a walking program.

Activities that

# INVOLVE COMMUNITY

## HOT TIPS:

- Tap into local experts – don't forget, some of your students' parents may be dentists, healthcare providers, nutritionists, chefs, or fitness instructors!

**Both out-of-school programs and communities can benefit from partnering together!**

**Try one of these ideas to begin involving your community in your Let's Go! work:**

- Start a community garden.
- Sponsor a clean-up day in the neighborhood.
- Sponsor a distinguished speaker series.
- Host a healthy community breakfast or dinner.
- Host a family fitness night.
- Create a community cookbook.
- Hold a community healthy food drive.

**Examples of successful collaborations between out-of-school programs and community partners:**

### LOCAL CHEFS AT MYPLACE TEEN CENTER IN WESTBROOK, MAINE

My Place Teen Center has teamed up with three local Maine businesses—IDEXX Laboratories, The Frog and Turtle Pub, and Bumbleroot Organic Farm—to educate teens on the importance of nutrition and to train them on how to cook healthy meals on a limited budget. Teens experience the fast-paced nature of an industrial kitchen, learning alongside executive chefs from IDEXX and The Frog and Turtle. They learn a range of food service skills including front and back of the house tasks. This dynamic program offers hands-on experience with a focus on building self-confidence, independence, and collaborative working skills.

### COMMUNITY GUESTS VISIT CHILDREN IN ACTION AFTERSCHOOL PROGRAM IN RANGELEY, MAINE

*Children in Action* is an afterschool program provided by Rangeley Health and Wellness for kids in kindergarten through 5th grade held at the Rangeley Fitness Center. Rangeley is a small community, and program director Lindsay Richards makes sure the program provides opportunities for just about everyone to be involved. The program has hosted local farmers, fitness instructors, law enforcement officers, and chefs leading kids in activities related to healthy eating and physical activity. Rangeley Family Medicine across the street is a Let's Go! Health Care practice and has also invested in the kids at the afterschool program. Medical providers from the health center have visited the program to talk about 5-2-1-0 health habits and the connection between food, physical activity, weight, and health. *Children in Action* is all about helping families reinforce healthy habits in kids!



This program is adapted from  
Let's Go! [www.lets-go.org](http://www.lets-go.org)



## STEP THREE

# IMPLEMENT ACTION PLAN

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## STRATEGY EIGHT

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





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

# why does this matter?

### Parents and caregivers:

- Create an environment for kids that encourages either active or inactive lifestyles.
- Make the choices about what types of foods and meals the family eats.
- Model eating and physical activity behaviors.<sup>1,2</sup>

**Partnerships with families** can ensure that kids receive consistent messages about healthy behaviors. Families can then engage, guide, and motivate kids to eat healthy foods and be active.<sup>3</sup>

**Kids pick up attitudes and behaviors** about eating and physical activity from parents and caregivers.<sup>1,2</sup>

**Parents and caregivers must be involved** in promoting healthy lifestyles in order to achieve long-lasting behavior change.<sup>1</sup>



#### References

1. Story M, Kaphingst K, French S. The role of schools in obesity prevention. *Future Child*. 2006;16(1):109-142.
2. Kraak VA, Liverman CT, Koplan JP. *Preventing Childhood Obesity: Health in the Balance*. National Academies Press; 2005.
3. Centers for Disease Control and Prevention. School health guidelines to promote healthy eating and physical activity. *MMWR. Recommendations and reports: Morbidity and mortality weekly report. Recommendations and reports/Centers for Disease Control*. 2011;60(RR-5):1.

## 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!

talk  
it up!

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### Partner with families:

- Ask parents 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).
- Send home the *Let's Go!* "Message to Families" once you are implementing all 5 priority strategies. Refer to the **Let's Go! Recognition Packet** in the 'Step 5: Celebrate' tab for a copy of the "Message to Families." There is also a modifiable version available online at [www.lets-go.org/toolkits/oos-toolkits](http://www.lets-go.org/toolkits/oos-toolkits).
- Utilize the skills of parents (e.g. nutritionist, carpenter, artist, etc.) to support your 5-2-1-0 efforts.

### Educate families:

- Use bulletin boards and wall space to promote 5-2-1-0 messages; get ideas from the **Healthy Bulletin Boards – A Creative Way to Connect**.
- Create a 5-2-1-0 *Let's Go!* section in your program newsletter.
- Host family wellness events such as 5-2-1-0 educational sessions, family cooking classes, and family fitness nights.
- **Highlight Healthy Eating and Active Living at Every Family Event.**
- Send home parent handouts, such as **5-2-1-0 Every Day!**

Each of the 5 priority strategy tabs has more parent handouts to share! Choose the ones you want to send home, and then go to that section to find them:

### STRATEGY 1: Limit unhealthy choices for snacks and celebrations; provide healthy choices.

- **Ideas for Healthy Snacks**
- **Snacks to Fuel Your Brain**
- **This vs. That for Snacks**
- **Ideas for Healthy Foods for Celebrations**
- **Present Fruits and Vegetables in Fun, Creative Ways**
- **Healthy Snack Ideas – Letter to Families**
- **Healthy Foods for Celebrations – Letter to Families**
- **Healthy Party Sign-Up Sheet**
- **Safely Working with Kids in the Kitchen**
- **Sports and Snacks**
- **Eat at Least Five Fruits and Vegetables a Day**
- **Healthy Shopping on a Budget**
- **Understanding Food Labels**
- **Pittsburgh Seasonal Food Guide**
- **Breakfast is Best**
- **A Meal is a Family Affair**
- **Fruits and Vegetables, All Year Long!**

continued

## 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!



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- What is a Healthy Portion?
- Tips for a Healthier Diet
- Healthy Brown Bag Lunches
- Handling a 'Choosy' Eater
- Phrases that **HELP** and **HINDER**
- Pick a Better Fast Food Option

### STRATEGY 2: Limit or eliminate sugary drinks; provide water.

- Limit Sugary Drinks Sent in from Home – Letter to Families
- Make Fun Flavored Water
- '0' Sugary Drinks... Drink Water!
- Water as Fuel
- Sports and Energy Drinks
- How Much Sugar Do You Drink?
- What's the Deal with Added Sugar?

### STRATEGY 3: Prohibit the use of food as a reward.

- Non-Food Rewards at Home

### STRATEGY 4: Provide opportunities to get physical activity every day.

- Get Up!
- Physical Activity in Any Weather
- Take It Outside
- Top Five Anywhere Exercises

### STRATEGY 5: Limit recreational screen time.

- Healthy Activities for School Vacation
- It's Summer! Let's Ditch the Screens and Play!
- Media Literacy
- What the Experts Say about Food Rewards
- Limit Recreational Screen Time to Two Hours or Less
- Step Away From the Screen
- Ditch the Phone for an Hour a Day to Get Active and Play!
- Healthy Viewing Habits
- Unplug!
- Healthy Sleeping Habits

make healthy the  
**buzz word!**

## A Creative Way to Connect

# HEALTHY BULLETIN BOARDS

**Bulletin boards provide a fun and easy way to deliver healthy eating and active living messages to kids and their families. Kids and staff can work together to decorate the bulletin board.**

### Here are some ideas for your healthy bulletin board:

- Post materials from the 5-2-1-0 Goes Out-of-School Toolkit.
- Ask kids to create 5-2-1-0 themed art for the board.
- Post photos of your kids eating healthy foods and being active.
- Post your program's 5-2-1-0 goals and post updates on your progress.
- Feature a fruit or vegetable of the month.
- Feature healthy community activities such as local outdoor activities, fitness events, health fairs, supermarket tours, and farmers' markets.
- Post news articles on healthy eating and active living.
- Highlight activities and local foods based on the season.

Make sure your bulletin board is placed in an area where kids, staff, and parents will see it. And don't forget to let parents and community members know they are welcome to contribute to the board!



Be creative  
and **have fun!**

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# Highlight Healthy Eating and Active Living at EVERY FAMILY EVENT

Any time your program brings families together, you have a chance to model 5-2-1-0 behaviors and show families how you are creating a healthier environment for the kids in your care.

For more ideas, check out the Alliance for a Healthier Generation's Healthy Community Events handbook at [www.healthiergeneration.org/\\_asset/zwd0ns/HealthyEventPlaybook.pdf](http://www.healthiergeneration.org/_asset/zwd0ns/HealthyEventPlaybook.pdf).



This program is adapted from  
Let's Go! [www.lets-go.org](http://www.lets-go.org)

## Here are some ways you can highlight healthy eating and active living at your program's next family event:

- **Serve healthy snacks.** Showcase an example of a healthy snack parents can feed kids at home.
- **Pass out handouts from the toolkit.** It's the one time you can be sure the handouts make it to parents instead of ending up crumpled in a backpack! Pages with red bars at the top are great to send home!
- **Invite your local Let's Go! Coordinator** to lead an activity and make a 5-2-1-0 shout-out.
- **Highlight your program's goals and successes** related to healthy eating and physical activity.

## You can also make 5-2-1-0 the theme of your event! Try these ideas:

- **Invite community partners** to set up tables with local resources such as SNAP-Ed, Penn State Cooperative Extension, or your local fitness center.
- **Invite guest speakers** such as a local sports star, physician, or farmer to talk about the importance of healthy eating and active living at home.
- **Offer taste tests** of the delicious, healthy snacks and meals you serve at your program. Or introduce new fruits and vegetables for families to vote on!
- **Play active games** such as four square or inflatable volleyball.
- **Host a family field day!**  
Engage families in a series of fun activities. Include classics like a water balloon toss, sack race, three-legged race, capture the flag, and more.

# 5-2-1-0 EVERY DAY!

## Follow the 5-2-1-0 message to a healthier you!



- Aim to eat a wide variety of brightly colored fruits and vegetables.
- Fill half of your plate with fruits and/or vegetables.
- Frozen and canned are just as nutritious as fresh.
- Try new fruits and vegetables to discover what you like!



- Keep TV and computer out of the bedroom.
- No screen time under the age of 2.
- Turn off screens during meal time.
- Plan ahead for your screen time instead of just turning it on.



- Take a family walk.
- Turn on the music and dance.
- Use the stairs.
- Choose activities that you enjoy!



- Keep sugary drinks out of the grocery cart.
- Drink water when you are thirsty. It's the #1 thirst quencher!
- Keep a water bottle on hand and fill it up throughout the day.
- Put limits on 100% juice.

For more ideas visit [www.letsgo.org](http://www.letsgo.org)

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## STEP THREE: STRATEGY 9

# STAFF WELLNESS

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## STRATEGY 9: Implement a Staff Wellness Program that Includes Healthy Eating and Active Living

# why does this matter?

Staff who practice **healthy eating and active living** are great role models for kids.<sup>1,2</sup>

**A staff wellness program can strengthen** the healthy eating and active living message that kids are already receiving.

A staff wellness program can encourage staff to **value nutrition and physical activity more highly**, and can increase their commitment to adopting and creating a healthy environment for the children in their care.<sup>1,3</sup>

Staff becomes **more comfortable talking** about nutrition and physical activity, and they are more likely to serve healthy options for snacks, at celebrations, and at staff meetings.<sup>1-4</sup>



#### References

1. Story M, Kaphingst K, French S. The role of schools in obesity prevention. *Future Child*. 2006;16(1):109-142.
2. Centers for Disease Control and Prevention. School health guidelines to promote healthy eating and physical activity. *MMWR. Recommendations and reports: Morbidity and mortality weekly report. Recommendations and reports/Centers for Disease Control*. 2011;60(RR-5):1.
3. Crawford PB, Gosliner W, Strode P, et al. Walking the talk: Fit WIC wellness programs improve self-efficacy in pediatric obesity prevention counseling. *Am. J. Public Health*. 2004;94(9):1480-1485.
4. Gosliner WA, James P, Yancey AK, Ritchie L, Studer N, Crawford PB. Impact of a worksite wellness program on the nutrition and physical activity environment of child care centers. *American Journal of Health Promotion*. 2010;24(3):186-189.

## STRATEGY 9: Implement a Staff Wellness Program that Includes Healthy Eating and Active Living

# how to implement

Staff who practice healthy eating and active living are great role models for kids. Help keep staff healthy by using the following tips.

**Bolded items** mean there is a supporting handout in this section!

### Encourage staff wellness:

- Follow the **Healthy Food and Beverage Guidelines for Meetings and Celebrations**.
- Incorporate movement breaks into meetings using the **Active Meeting Guidelines**.
- **Provide and Promote Safe Walking Routes**.
- Open school facilities before and after school for physical activity, especially in the winter.
- Remove junk food from staff areas.
- Use walking meetings.
- **Be a Healthy Role Model**.
- Provide opportunities for staff to learn about healthy eating and active living.
- Role model by **Celebrating Staff Successes Without Food**.

See the **Healthy Workplaces Toolkit** at [www.letsgo.org/toolkits/healthy-workplaces/](http://www.letsgo.org/toolkits/healthy-workplaces/) for more information on how to:

- Increase healthy eating at work
- Increase movement at work
- Support healthy families



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## Healthy Food and Beverage Guidelines for

# MEETINGS AND CELEBRATIONS

### Hosting a meeting or celebration?

### Thinking about providing food and beverages?

Follow these guidelines  
to promote healthy,  
nourished employees!

### Guidelines:

**WATER** – Provide pitchers with cold, fresh water and cups, or bottled water.

**MEALTIMES** – Food doesn't need to be provided at every meeting, especially at meetings less than one hour.

- Notify meeting attendees ahead of time if food will be provided.
- If possible, avoid holding meetings during lunch. Lunch may be the best time for employees to get movement into their workday.

MEETING TIME	CONSIDER PROVIDING	ALWAYS PROVIDE
7 a.m. - 8 a.m.	Light Breakfast, Coffees, Tea	Water
9 a.m. - 11:30 a.m.	Healthy Snacks	Water
11 a.m. - 12:30 p.m.	Light Lunch	Water
12 p.m. - 4 p.m.	Healthy Snacks	Water

### Healthy beverages:

Provide fresh cold water, milk, coffee or tea.  
Soda is not a healthy option.

### A healthy breakfast includes:

- Fruit (whole or cut up).
- Whole grains such as whole grain bagels, muffins, granola or oatmeal. You must specifically request whole grain bagels or muffins from your caterer. Ask for 'mini' versions.
- Protein – eggs (hard boiled or egg sandwich if it's a grab and go breakfast), peanut butter for bagels, yogurt, smoothies made with yogurt or protein powder, or protein bars.

### A healthy lunch includes:

- Fruit (whole or cut up).
- Vegetables (salad, crudité, soup, hot or cold vegetable sides).
- Whole grains such as sandwich bread, couscous, tabouli, quinoa, crackers. You must specifically request whole grain items from your caterer.
- Entrées – Sandwiches (e.g. turkey, chicken, hummus, portabella mushroom), salads (e.g. chicken caesar salad, chef salad), vegetable pizza with low-fat cheese on whole grain crust.

### A healthy snack may be:

Trail mix, pretzels, baked chips, veggie platter, fruit (whole or cut up), peanut butter and whole-grain crackers, yogurt, or popcorn.

### Healthy food tips:

- Serve whole grains, fruits, and vegetables whenever possible.
- Serve small portions – cut items in half or quarters.
- Dessert doesn't have to be heavy – fresh fruit, fruit crisp, or small cookies are excellent choices. No dessert is also an option!
- Include a vegetarian option at all meals.
- Identify food items with signage.
- Serve salad dressing on the side.

think twice  
before providing food

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# ACTIVE MEETINGS

**Movement during a meeting**—standing, stretching or participating in a movement break—increases meeting participation and attention span, which can mean a more productive meeting. *Let's Go!* encourages movement in all meetings. Everyone will benefit from increased movement, no matter how brief. To increase movement during your meetings, follow these basic guidelines.

## Guidelines for meeting leaders:

- At the beginning of every meeting let participants know it's okay to stand up and move during the meeting or to ask for a movement break.
- Provide one to two movement breaks each hour (self-directed or structured).
- Include breaks on the agenda.
- Always allow for participants to opt out of the activity.
- Movement breaks may be self-directed, led by the meeting facilitator, or video routines may be viewed on a website. Resources for each are in the *Let's Go!* Healthy Workplace toolkit and at [www.letsgo.org](http://www.letsgo.org).

## Keep it going!

- When the energy is waning, ask everyone to stand up, take a deep breath, lift their arms over their head to reach to the ceiling, lower their arms and sit back down.
- If your discussion stalls, take a two-minute stretch break.
- Movement breaks can be as quick as two minutes, so no matter how long your meeting is, you can fit one into the agenda!



## Guidelines for meeting participants:

- Movement is always optional.
- Feel free to stand up in the back of the room.
- Move only in ways you feel comfortable.
- Assess space and clearance to avoid injury.
- Individuals with acute or chronic conditions, or other concerns about their health, should check with their provider before beginning any new physical activity.



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Provide and Promote

# SAFE WALKING ROUTES

**Make it easier for employees to fit more movement into their day by providing and promoting walking routes at or near the workplace.**

## Find safe areas to walk

Safe areas could include non-congested indoor hallways, around the edges of the employee parking lot, a nearby town park or walking path, or sidewalks through a nearby neighborhood.

## Get approval

Remember to check with the building owner or property management before installing signage or marking distances.

## Measure distance of walking routes (optional)

For routes on your organization's property, mark or post distances. Use an app such as Walk Watch or RunKeeper or ask to borrow a measuring wheel from your local recreation department or police department.



## Promote walking options

Install signage along paths to direct walkers and show them the distance they have walked. Provide laminated walking maps in conference rooms so meeting attendees know where they can take a walk during a movement break. Recruit champions (including department and senior management and wellness committee members) to lead by example by taking walks and leading walking meetings. (See **Active Meeting Guidelines**.)

## Provide time for walks

Allow and encourage staff to take walking breaks.

get  
moving!

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Be a

# HEALTHY ROLE MODEL

## What you do makes a difference!

Research shows that kids learn by watching those around them. They learn about eating habits, attitudes toward food, how they should feel about their bodies, and how to be physically active (or inactive).

As an important adult in a child's life, there are things you can do to help them learn healthy habits. Even small changes will make a big difference to the kids around you!

## Be a healthy role model:

- Eat healthy foods.
- Participate in classroom motor breaks and games with the students.
- Use your free time to get physical activity.
- Drink water.
- Put any beverage that isn't water in an unmarked opaque container.

children are  
**watching** you!



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Role Model by

# CELEBRATING STAFF SUCCESSSES WITHOUT FOOD

Show kids how you  
can celebrate  
success without food!

## Here are some non-food ideas to get you started:

- Select a staff member of the month. Recognize them with a certificate and public announcement.
- Award gift certificates (for a car wash, movie tickets, to a bookstore, to a clothing store, to a spa, etc.).
  - Activities that promote health are especially good (a massage, day pass to a gym, cooking classes, etc.).
- Allow casual dress days.
- Award passes to a local, state, or national park.
- Award sporting tickets.
- Give them flowers.
- Write a personal thank you note.
- Offer to swap a task or cover a task for the day or week (e.g. recess duty, bus duty, extra-curricular duty, lunch duty, etc.)
- Allow them a special parking space for a week.



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## STEP THREE

# IMPLEMENT ACTION PLAN

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## STRATEGY TEN

Collaborate with Food and Nutrition Programs  
to Offer Healthy Food and Beverage Options



## STRATEGY 10: Collaborate with Food and Nutrition Programs to Offer Healthy Food and Beverage Options

# why does this matter?

**Food and nutrition programs are essential partners** in the mission to promote healthy eating.

Collaboration with food and nutrition programs **provides guidance and expertise** around nutritious meals and snacks.<sup>1-3</sup>

**Food and nutrition programs can reinforce positive nutrition messages** by hosting educational food activities such as Eat Your Way through the Rainbow, March through the ABCs, taste testing, and kitchen tours.<sup>1-3</sup>

Collaboration can **help incorporate nutrition education into the curriculum.**<sup>1-3</sup>



### References

1. Ritchie LD, Boyle M, Chandran K, et al. Participation in the Child and Adult Care Food Program is associated with more nutritious foods and beverages in child care. *Childhood Obesity*. 2012;8(3):224-229.
2. O'toole TP, Anderson S, Miller C, Guthrie J. Nutrition services and foods and beverages available at school: results from the School Health Policies and Programs Study 2006. *J. Sch. Health*. 2007;77(8):500-521.
3. USDA Food and Nutrition Service. Child and Adult Care Food Program (CACFP). <http://www.fns.usda.gov/cacfp/nutrition-and-nutrition-education>. Accessed April 22, 2015.

## STRATEGY 10: Collaborate with Food and Nutrition Programs to Offer Healthy Food and Beverage Options

# how to implement

Working to increase healthy eating? Don't go it alone! Here are some ideas to consider.

**Bolded items** mean there is a supporting document in this section!

### Learn about **USDA Food and Nutrition Funding Programs** using these handouts:

- **Child and Adult Care Food Program (CACFP)**
- **School-Based Afterschool Snack Program**
- **USDA Summer Meals Program**

### **Promote and Partner with Summer Meal Programs:**

- Post **Let's Go! Customizable Summer Meal Flyer**
- Send home **USDA School's Out! Flyers**

### **Follow recommended guidelines for meals and snacks with:**

- **Go Above and Beyond to Provide Healthy Meals and Snacks**



This program is adapted from  
Let's Go! [www.letsgo.org](http://www.letsgo.org)



## Who Administers CACFP in Pennsylvania?

If you are interested in participating to ensure that children in your care have access to CACFP meals, you may contact our office at the e-mail and telephone number listed below. Our staff will be happy to provide you with additional information.

**1-800-331-0129**  
**RA-CACFP@PA.GOV**

The CACFP is administered by:



The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

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Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6316 (Spanish). USDA is an equal opportunity provider and employer.

## What kind of financial assistance is available?

Under the CACFP, providers earn reimbursement for every complete meal served. Providers receive reimbursement based on meals multiplied by their determined rates.

Rates are determined by the income of the provider's geographic location; first by school data, then census, and finally by provider household income. The Home Sponsor will work with you to determine your reimbursement Tier.

The reimbursement rates for July 2013 through June 2014 are provided below:

Reimbursement Rates	Tier 1	Tier 2
Breakfast	\$1.28	\$0.47
Lunch/Supper	\$2.40	\$1.45
Snack	\$ .71	\$ .19

For more information about the **Child and Adult Care Food Program**, you can visit the USDA's website at:

[www.fns.usda.gov](http://www.fns.usda.gov)



# Pennsylvania Child And Adult Care Food Program

Relative/Neighbor Provider



PA Department of Education  
Bureau of Budget and Fiscal Management

Division of Food and Nutrition  
333 Market Street, 4th Floor  
Harrisburg, Pennsylvania 17126-0333

[www.education.state.pa.us](http://www.education.state.pa.us)

**1-800-331-0129**



- Health Standards
- Safety Standards
- Training
- Monitoring
- Affordable Day Care
- Nutritional Guidelines

CACFP provides reimbursement for meals and snacks served to children receiving non-residential day care in private homes that are licensed, registered, or approved to subsidized relative/neighbor child care.

As a *Relative/Neighbor provider* approved through your Child Care Information Services (CCIS) you are eligible to participate in the CACFP in Pennsylvania.

## Child and Adult Care Food Program

### About CACFP

CACFP provides higher levels of reimbursement to providers in low-income areas, and to providers and children most in need. The reimbursements make the cost of day care more affordable for many lower income families.

Health and safety standards, training, and monitoring make CACFP an important component of quality child care, especially in family day care homes.

### Applying to Participate

1. If you are an approved relative/neighbor child care provider and are caring for a child receiving subsidized child care, contact one of the CACFP Home Sponsors. The Directory is available at the Child Nutrition Program Electronic Application and Reimbursement System (PEARS) Website at: [www.pearsonline.state.pa.us](http://www.pearsonline.state.pa.us). Select "New Sponsor Application Packet," then "CACFP" and select the "Home Sponsor Directory."

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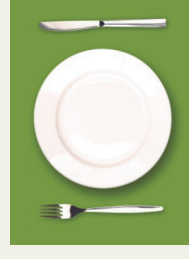


- Children in low-income areas have nutritious meals.
- Parents know their children have access to food that follows current nutrition guidelines.
- Provider receive Federal assistance to provide meals to children in their care.
- Providers can stretch dollars in order to keep costs down for parents.
- Provider may be eligible to claim his/her own children's meals while subsidized children are in care.

### What meals are eligible for reimbursement?

Provider may claim reimbursement for up to two meals and one snack, or two snacks and one meal per child daily, and are based on your approved hours of care. Only complete meals served to children while in care may be claimed.

Your own children's meals may be eligible for reimbursement during approved hours of care if other children are also in attendance for the meal service. Your Home Sponsor will assist you with this process.



# SNACK PROGRAM

**Did you know?**  
**School-based afterschool programs can get reimbursed for serving healthy snacks!**

To learn more about the Afterschool Snack Program, visit:

- [www.grubuppgh.com/412/244-3911](http://www.grubuppgh.com/412/244-3911)
- [www.fns.usda.gov/school-meals/afterschool-snacks](http://www.fns.usda.gov/school-meals/afterschool-snacks)



This program is adapted from  
Let's Go! [www.letsgo.org](http://www.letsgo.org)

### What is the Afterschool Snack Program?

The Afterschool Snack Program is offered through the U.S. Department of Agriculture (USDA). Qualifying school-based afterschool programs can receive cash reimbursement for the snacks they serve. In return, the programs must serve snacks that meet Federal requirements and offer free or reduced-price snacks to eligible children.

### What sites are eligible to participate in the Afterschool Snack Program?

Afterschool programs administered by schools participating in the National School Lunch Program are eligible. Programs must include regularly scheduled, structured, and supervised educational or enrichment activities. Programs that include supervised athletic activities may participate, as long as the athletic activity is open to all and does not limit membership for reasons other than space or security.

### What are the food requirements for afterschool snacks?

Snacks must contain **at least two** of the four following components:

1. A serving of fat-free or low-fat fluid milk;
2. A serving of meat or meat alternate;
3. A serving of vegetables, fruits, or full-strength vegetable or fruit juice;
4. A serving of whole-grain or enriched bread or cereal.

**Let's Go! strongly encourages whole fruit over fruit juice. Kids will get all the great fiber of the whole fruit and feel fuller than with juice. Fruit juice offers no health benefits over whole fruit.**

### What is the rate of reimbursement?

For the 2015-2016 school year, reimbursement rates are as follows:

Paid snacks = \$0.07

Reduced price snacks = \$0.42

Free snacks = \$0.84

If the program is located at a school where at least 50% of the enrolled children are eligible for free or reduced price meals, all snacks will be reimbursed at the free rate.

### What records must be maintained?

Programs must record and report the total number of snacks served each day by category of reimbursement. Programs also must maintain documentation of compliance with the meal pattern. On-site monitoring reviews must be completed with the School Food Authority twice per year.



# HOW TO PARTICIPATE IN SUMMER MEALS



The U.S. Department of Agriculture's (USDA) **Summer Food Service Program (SFSP)**, also known as the **Summer Meals Program**, provides kids and teens in low-income areas free meals when school is out. There are a number of ways that local organizations can be a part of the Summer Meals Program.

## What is the Summer Food Service Program?

The SFSP is a federally-funded, state-administered program. The SFSP reimburses providers who serve free healthy meals to children and teens in low-income areas during the summer months when school is not in session. Check out [our video](#) to learn more.

## Who Does the Program Serve?

The SFSP serves children and teens age 18 and younger.

## How Does It Work?

There are three main players involved: State agencies, sponsors, and sites.

- State agencies administer the program and communicate with USDA.
- Sponsors enter into agreements with State agencies to run the program. Schools, local government agencies, camps, faith-based and other non-profit community organizations that have the ability to manage a food service program may be SFSP sponsors. Sponsors get reimbursed by the Program and may manage multiple sites.
- Sites are places in the community where children receive meals in a safe and supervised environment. Sites may be located in a variety of settings, including schools, parks, community centers, health clinics, hospitals, apartment complexes, churches, and migrant centers. Sites work directly with sponsors.

## How Can Your Organization Participate?

1. **Contact your State agency** to see if you can become a site that serves summer meals. The State agency will help to see if you are located in an eligible area that can serve summer meals and connect you with a sponsor organization.

2. **Promote the Summer Meals Programs** to your community. Put up flyers and door hangers with information on where free summer meals are being served to help families find a nearby Summer Meals site.
3. **Provide fun activities for the kids & teens at your site to keep them coming back and to keep them physically and mentally active.** Recruit teens to help at your site to give them responsibilities and new skills.
4. **Volunteer at other sites.** Help serve meals or transport meals for other organizations that are involved with the Summer Meals Program. Organize physical or learning activities for the kids & teens.

### Resources:

- Check out the Summer Food Service Program website: [www.summerfood.usda.gov](http://www.summerfood.usda.gov)
- Learn why organizations throughout the country serve Summer Meals: [https://www.youtube.com/watch?v=U\\_93W0U3E8U&index=5&list=PLBccton-6g0dp0d5Ydlil3TtRcSDtCdmzH](https://www.youtube.com/watch?v=U_93W0U3E8U&index=5&list=PLBccton-6g0dp0d5Ydlil3TtRcSDtCdmzH)
- Contact your State agency to talk about how you can get involved: [www.fns.usda.gov/sfsp/sfsp-contacts](http://www.fns.usda.gov/sfsp/sfsp-contacts)
- Find Summer Meals promotional materials: <http://www.fns.usda.gov/sfsp/raise-awareness>
- Discover ways to recruit teens: <https://www.youtube.com/watch?v=5A5K0qsVels&list=PLBccton-6g0dp0d5Ydlil3TtRcSDtCdmzH&index=2>
- Find Summer Meals sites close to you: <http://www.fns.usda.gov/summerfoodrocks>





*Let's Go!* wants you to know about FREE summer meals for children in your community!

Location:

Dates:

Times:

Cost: FREE!

For Who: All kids 18 and under.

FMI:

We are also seeking volunteers. Please contact us for more info!

USDA is an equal opportunity provider and employer.





United States Department of Agriculture

# School's Out!

## POWER UP

### for Summer Fun!



## SUMMER MEALS for KIDS & TEENS Being Served in Your Community

40 YEARS  
of  
Summer  
Meals

To find a location near you,  
call 1-866-3-HUNGRY or go to  
[www.fns.usda.gov/summerfoodrocks](http://www.fns.usda.gov/summerfoodrocks)

OPEN to All Children, 18 and younger  
NO Enrollment, NO Cost!



Food and Nutrition Service | FNS-490 | USDA is an equal opportunity employer and provider



United States Department of Agriculture

# School's Out!

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# Go Above and Beyond to Provide **HEALTHY MEALS AND SNACKS**



Does your program participate in the Child and Adult Care Food Program (CACFP)? If so, the meals and snacks you serve already follow meal patterns based on the USDA's **MyPlate** guidelines. MyPlate guidelines are a great place to start, and Let's Go! wants to help you go one step further using the Harvard School of Public Health's **Healthy Eating Plate** guidelines.

Are you looking to go above and beyond USDA requirements to provide kids with even

	MEET THE REQUIREMENTS FOLLOW USDA MYPLATE GUIDELINES!		GO ABOVE AND BEYOND FOLLOW HEALTHY EATING PLATE GUIDELINES!	
<b>FRUITS</b>	Choose whole fruits including fresh, frozen, canned, or dried. Any fruit or 100% fruit juice counts.		100% fruit juice contains as much sugar and <b>as many</b> calories as soda. Limit fruit juice to one small glass per day!	
<b>VEGETABLES</b>	Vary your veggies. Any vegetable or 100% vegetable juice counts.		The more vegetables and the greater the variety—the better! Potatoes and French fries do not count as vegetables.	
<b>GRAINS</b>	Make half your grains whole grains.		The less processed the grains, the better. Try 100% whole grain foods like brown rice, whole-wheat bread, and whole-grain pasta!	
<b>PROTEIN</b>	Go lean with protein.		Seafood, beans, nuts, eggs, and poultry are great choices. Red meat and cheese should be limited. Avoid bacon and other processed meats.	
<b>DAIRY</b>	Move to low-fat and fat-free dairy. Flavored milk counts.		Water is the best choice. Limit milk and dairy to one to two servings per day.	
<b>OILS</b>	Choose plant oils and limit items high in saturated fat.		Limit butter and avoid trans fat.	

continued



## Meal and Snack Planning

The Child and Adult Care Food Program (CACFP) meal patterns are based on the MyPlate guidelines. CACFP recommends that:

- **MEALS** include something from each of the five components—fruits, vegetables, grains, proteins, and milk.
- **SNACKS** include something from at least two of the five components. Only one of the two components can be a beverage.

Here are some snacks that meet **CACFP** requirements, and ways to make them even healthier:

SNACKS THAT MEET CACFP REQUIREMENTS	SNACKS THAT GO ABOVE AND BEYOND!
50% whole grain pretzels, orange juice	100% whole grain pretzels, 1 orange, water
50% whole grain snack crackers, 1 slice of American cheese	Whole fruit, 1 mozzarella cheese stick, water
Carrot sticks with ranch dip, low-fat milk	Carrot sticks, nut butter, water





## STEP THREE

# IMPLEMENT ACTION PLAN

---

## MORE RESOURCES



# how

to increase  
the reach of  
your *Let's Go!*  
efforts

This section is for any *Let's Go!* site champion or team interested in increasing the reach of their *Let's Go!* efforts by engaging the leadership of their larger organization.

- **Bolded items** mean there is a supporting handout for this idea!



## 1. Introduce the *Let's Go!* program to your organization's leadership (this may be a person, a team, or a board):

Provide an overview of *Let's Go!* by sharing the following handouts found in the 'Step 1: Engage' tab of this toolkit:

- **5-2-1-0 Out-of-School Program Overview**
- **Scientific Rationale for the 5-2-1-0 Message**
- ***Let's Go!* 10 Strategies for Success**

Present the benefits of participating with *Let's Go!* as an organization and suggestions for how organizations can get involved by sharing the following handouts:

- **Benefits of Organization-Wide Participation with *Let's Go!***
- **How Organizations Can Participate with *Let's Go!***

Feel free to share any other resources from the toolkit that you think would be important to your organization! You may even want to share a list of the healthy eating and physical activity improvements your program has made since it became a *Let's Go!* site.

## 2. Show organizational leadership what *Let's Go!* is all about:

Offer to give a 5-2-1-0 presentation at an upcoming leadership meeting, board meeting, or to another decision-making group within the organization. Contact your site coordinator for help with creating slides for a 5-2-1-0 presentation.

## 3. Guide the organization to take action:

Once your organizations' leadership has learned about *Let's Go!*, they may be ready to take the next step! Introduce them to your local *Let's Go!* Coordinator, who will assist them in deciding how to get involved and what next steps to take.

**NOTE:** If you do not have a local *Let's Go!* Coordinator, you may offer this assistance yourself.

continued

**Tips for engaging your organization's leadership team:**

- Use personal relationships to connect.
- Request to meet in-person if possible. Otherwise, write a letter or email.
- Share materials in hard copy if possible. Otherwise, attach them to an email.
- Start where you can—you may not get a meeting with your organization's director right away, but you can talk to your supervisor or manager.
- Keep your local *Let's Go!* Coordinator in the loop. They are here to help!

If you plan to present the ***Let's Go!*** Program: **We want you on board!** presentation:

- Review the slides and notes carefully.
- Tailor the presentation based on your program and audience.
- Practice, practice, practice!

Benefits of

# ORGANIZATION-WIDE PARTICIPATION WITH *LET'S GO!*

**A great way to increase support for programs within an organization is by expanding *Let's Go!* throughout the organization.**

**Here are some benefits of participating with *Let's Go!* as an organization:**

so...  
what  
are you  
waiting  
for?

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[www.lets-go.org](http://www.lets-go.org)

## **Reach more kids**

When the entire organization becomes involved (as opposed to just one program or classroom), more kids and families will learn the 5-2-1-0 message and benefit from healthy environments.

## **Create policy change**

An organization-wide wellness policy that supports the 5-2-1-0 message and *Let's Go!*'s five priority strategies can lead to lasting, sustainable change at your organization and in your community. Policies enhance and support the work of dedicated site champions.

## **Send consistent messages**

When staff or environments at the same organization send inconsistent messages, kids may become confused about healthy choices. Adopting 5-2-1-0 throughout your organization ensures that kids receive consistent messages about health when participating in programs at your organization.

## **Receive support for other initiatives**

*Let's Go!* can provide support and recognition for the work organizations are already doing to improve their programs. For example, participating with *Let's Go!* can help programs achieve the National After School Association's Healthy Eating and Physical Activity (HEPA) standards, and can help programs work towards the Council on Accreditation's Child and Youth Development Program Accreditation. See the ***Let's Go! 10 Strategies for Success Align with HEPA Standards*** handout found in the 'Step 3: Strategy 6' tab and the "Working Towards Accreditation? *Let's Go!* Can Help" handout found in the 'Additional Resources' section of the Out-of-School Toolkit to learn more.

## **Promote employee health**

When environments and policies promote healthy behaviors, everyone benefits—even employees! Employees may find themselves making healthier choices along with the kids they care for, and healthy employees are great role models for kids.

## **Enhance public image**

The *Let's Go!* Recognition Program celebrates successful implementation of the *Let's Go!* Strategies for Success by awarding registered sites with Bronze, Silver, or Gold-level recognition. Recognized sites are highlighted on the *Let's Go!* website, receive recognition certificates, and celebrate their successes with other *Let's Go!* participants in the community. Participating with *Let's Go!* shows that the organization is committed to the health and wellbeing of the kids and families it serves. Organization-wide participation may also inspire support from community partners with similar missions.



# HOW ORGANIZATIONS CAN **GET INVOLVED** WITH *LET'S GO!*

**Need help getting started with creating policy that supports 5-2-1-0?**

Refer to the *Let's Go!* Policy Checklist and Policy Addendum on pages 10 and 11 of the *Let's Go! Recognition Packet for Out-of-School Programs* found in 'Section 5: Celebrate' of the *Let's Go! Out-of-School Toolkit*.

jump  
in!

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Pittsburgh



**Organizations can promote and support the *Let's Go!* program in a variety of ways. Here are some suggestions:**

## **Connect with the community by promoting the 5-2-1-0 message.**

*Let's Go!* uses a multi-setting, community approach to reach youth and families where they live, learn, work, and play. Kids see and hear the 5-2-1-0 message at school, child care programs, out-of-school programs, and in their pediatrician's office. You can help reinforce this important message by doing the following:

- Hang 5-2-1-0 posters in high traffic areas throughout your facility.
- Create a 5-2-1-0 healthy bulletin board featuring healthy community activities and resources on healthy eating and active living.
- Display books, puzzles, and activity sheets that support healthy eating and active living in play areas.
- Create a sugar bottle display to show kids and families how much sugar is in some popular drinks.

## **Encourage all programs within the organization to register as *Let's Go!* sites.**

Each program that registers with *Let's Go!* will receive a free digital toolkit from a *Let's Go!* Coordinator and will have the opportunity to work towards unique goals and be recognized for their efforts.

## **Create organization-wide policies that support the 5-2-1-0 message and *Let's Go!*'s 5 Priority Strategies.**

This is one of the best ways to support programs in their efforts to increase healthy eating and physical activity. Sites with strong policies are eligible to achieve Gold-level recognition through the *Let's Go!* Recognition Program.

## **Become a *Let's Go!* Healthy Workplace.**

Use tools and strategies from the *Let's Go!* Healthy Workplace Toolkit to increase movement and healthy eating among employees.

[www.letsgo.org/toolkits/healthy-workplaces/](http://www.letsgo.org/toolkits/healthy-workplaces/)

Your organization may choose to participate in some or all of these ways, depending on your interests and capacity. Regardless of how you choose to participate, your local *Let's Go!* Coordinator is here to help! To get in touch with your local coordinator, email [letsmove@phipps.conservatory.org](mailto:letsmove@phipps.conservatory.org) or call 412/622-6915.



## STEP FOUR

# COMPLETE SURVEY

---

We Want to Hear From You

# THE *LET'S GO!* SURVEY

**Remember,  
the survey needs  
to be completed  
every year!**

We know you are busy,  
so we keep the survey  
as short and quick as  
possible.

We thank you in  
advance for filling it out  
on behalf of your site  
each year.

Every year, *Let's Go!* surveys our registered sites to measure progress on the *Let's Go! 10 Strategies for Success*. In the spring, you will receive an invitation to complete the survey online. If you have limited access to a computer, paper surveys are available by request from your *Let's Go!* Coordinator.

**The survey is important in many ways.**

**By completing the survey:**

- You are fulfilling your commitment to *Let's Go!* – thank you!
- Your site becomes eligible for recognition as a *Let's Go!* Site of Distinction.
- Your answers help inform new materials and trainings.
- You paint the picture of how sites like yours across the state support healthy eating and active living.
- You help build evidence to support *Let's Go!*, which in turn helps us secure funding so we can continue to expand and innovate.

**Tips for Survey Success:**

- Review your Action Planning Packet. The questions on the survey are the same as the questions in the packet!
- Talk with your team members to be sure you are aware of everything going on at your site around healthy eating and active living.
- If you don't know the answer to a question, ask others at your site.



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Let's Go!

# EVALUATION FRAMEWORK

**Let's Go! includes a comprehensive evaluation plan to track program performance and measure impact.**

Let's Go!'s theory of change is based on a social ecological framework of behavior change—that people's behaviors are influenced by many factors including family, friends, local surroundings, built environment, and community.

In order to bring about behavior change, the supporting environments and policies must be changed to make it easier for people in those environments to make the healthy choice.

**The following evaluation activities provide evidence of progress and help inform decision making at Let's Go!:**

## 1. Implementation of program strategies

Let's Move Pittsburgh surveys sites and relies on self-reported information to track the implementation of Let's Go!'s environmental and policy strategies for increasing healthy eating and active living.

- Child care programs, schools, and out-of-school programs are measured on their implementation of Let's Go!'s 10 Strategies for Success.

**This is where you come in!**

**Please be sure to complete the Let's Go! Survey every spring!**

- Healthcare practices are measured on their adherence to Let's Go!'s clinical approaches for the prevention, assessment, and treatment of childhood obesity.
- School cafeterias are measured on their implementation of Smarter Lunchrooms strategies that make the healthy choice the easy choice for all students.

## 2. Changes in awareness

Let's Move Pittsburgh creates awareness of the program and the 5-2-1-0 messages with annual media campaigns that have included blogs, TV spots, Facebook, and Twitter. Let's Move Pittsburgh monitors parent awareness by adding a few questions to a local market research firm's survey.

## 3. Changes in behaviors

Let's Move Pittsburgh uses a survey to track site changes in each of the 5-2-1-0 behaviors among students at 5-2-1-0 sites. The purpose is to quantify the health of children and the health-related behaviors and attitudes of K through 5th graders by direct youth survey.







**STEP FIVE**

CELEBRATE

---



Celebrate

# ALL OF YOUR SUCCESSES

**Remember, even small steps are a step in the right direction. Just talking with someone about the 5-2-1-0 message and what you are doing in your program is something to celebrate!**

**How many successes can you recognize and celebrate this year?**

**At Let's Go!, we believe in celebrating every step you take, big or small, towards increased healthy eating and active living. Significant change is usually the result of many smaller changes. There is no need to wait until a goal is fully achieved before recognizing and celebrating progress.**

Maybe you haven't been able to fully eliminate food rewards, but you have made the switch from using sweets as a reward to using healthy foods. What should you do? Recognize and celebrate your progress, and then keep on going!

Maybe you haven't been able to put limits on juice, but you have been able to completely eliminate other sugary drinks, even during special celebrations. What should you do? Celebrate your progress, and then keep on going!

Let's Go! has a formal recognition program that is outlined in the Recognition Packet, but we know it takes a lot of work to even make it to the Bronze level. We think your site is awesome regardless of formal recognition, so keep up the great work!

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[www.letsgo.org](http://www.letsgo.org)



# ***Let's Go!***

## **Recognition Packet**

### **for Out-of-School Programs**

*Let's Go!* is a nationally recognized program that promotes evidence-based strategies to increase healthy eating and active living among kids through the age of 18.

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

\*Keep TVs/computers out of the bedroom. No screen time under the age of 2.

# Let's Go! Recognition Program

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# Let's Go! Recognition Program for Schools, Child Care Programs, and Out-of-School Programs

The *Let's Go!* Recognition Program celebrates out-of-school programs, child care programs, and schools that have made improvements in their environments related to healthy eating and physical activity.

The *Let's Go!* Recognition Program is designed to:

- Celebrate successful changes that make the healthy choice the easy choice.
- Provide consistent, statewide standards for being a *Let's Go!* Recognized Site.
- Move sites towards lasting change.

Each recognition level has a theme:

**BRONZE** = Implementation

The Bronze Level is all about making changes in your daily practices and environment. This is done by implementing the 5 priority strategies.

- This is the first step to supporting healthy behaviors.
- This makes it easy and natural for kids to make healthy choices.

**SILVER** = Communication

The Silver Level is about communicating with families. As you change your daily practices and environment, it is important to make families aware of the changes. When you bring families into the conversation:

- It allows them to be advocates.
- It encourages them to role model the same practices at home.
- It increases accountability.

**GOLD** = Policy

The Gold Level is about putting the changes you have made into policy. This helps to ensure that your environment remains a healthy place through the years, as new kids enter your care and existing staff move on. Setting a clear program policy around practices that support healthy behaviors can help you:

- Make sure all staff and parents understand the expectations around health and wellness.
- Provide a set of consistent guidelines for staff to refer to.
- Ensure kids are provided a healthy environment.

**Tip:** *Keep parents in the loop! As you make changes to practices, environments, and policies, make sure to communicate them clearly to parents.*

# Let's Go! Recognition Program

## Key Points

Regardless of recognition status, all *Let's Go!* registered sites are taking part in a community-wide movement to increase healthy eating and physical activity for kids. Each site should be celebrating their successes!

### Quick Notes:

- Recognition is determined on a yearly basis.
- Sites must complete the Let's Go! Survey each spring to be eligible for recognition.
- Prepare for the survey by reviewing the strategy questions in the Let's Go! Action Planning Packet with other staff at your site. The strategy questions are very similar to the questions in the survey.
- Completion of the Let's Go! Survey allows Let's Go! to monitor statewide improvements in healthy eating and physical activity environments for kids. Thank you in advance for taking the survey!

**Recognized sites are publicly acknowledged on [www.letsmovepittsburgh.org](http://www.letsmovepittsburgh.org)**  
**Sites also receive a framed Let's Go! Certificate of Recognition.**

# Let's Go! Recognition Program Levels

Let's Go! recognizes three levels of change for out-of-school programs, child care programs, and schools. Each level must be completed entirely to reach the next level.

<p><b>Bronze</b></p> <p>Implementation</p>	<p>A site implements all five <i>Let's Go!</i> priority strategies:</p> <ol style="list-style-type: none"> <li>1. Limit unhealthy choices for snacks and celebrations; provide healthy choices.</li> <li>2. Limit or eliminate sugary drinks; provide water.</li> <li>3. Prohibit the use of food as a reward.</li> <li>4. Provide opportunities to get physical activity every day.</li> <li>5. Limit recreational screen time.</li> </ol> <p>Strategies must be implemented by MOST STAFF or PROGRAM-WIDE to count towards recognition.</p>
<p><b>Silver</b></p> <p>Communication</p>	<p><b>Achievement of Bronze, PLUS:</b></p> <p>A site communicates with families about 5-2-1-0 and the five <i>Let's Go!</i> priority strategies in each of the following three ways:</p> <ol style="list-style-type: none"> <li>1. Display 5-2-1-0 posters.</li> <li>2. Send home the "Message to Families."</li> <li>3. Use the "Message to Families" in one additional way.</li> </ol>
<p><b>Gold</b></p> <p>Policy</p>	<p><b>Achievement of Silver, PLUS:</b></p> <p><b>SCHOOLS:</b></p> <p>A school has a staff member on their district wellness committee OR has adopted the five <i>Let's Go!</i> priority strategies into policy.</p> <p><b>CHILD CARE and OUT-OF-SCHOOL PROGRAMS:</b></p> <p>A child care/out-of-school program has adopted the five <i>Let's Go!</i> priority strategies into policy using the policy agenda or policy checklist.</p>



# Bronze Level - Implementation

To achieve BRONZE level recognition, a program must be implementing all five *Let's Go!* priority strategies program-wide. Programs will be asked to verify this each year in the *Let's Go!* Survey.

## Quick Notes:

- To prepare to take the survey, the *Let's Go!* Champion should review the strategy questions in the *Let's Go!* Action Planning Packet with other program staff to ensure accurate responses.
- *Let's Go!* priority strategies that are implemented program-wide will be counted towards recognition.
- If a priority strategy is not being implemented program-wide, the program is not yet ready for Bronze level recognition—but keep up the great work!

## Let's Go! Priority Strategies

1. Limit unhealthy choices for snacks and celebrations; provide healthy choices.
2. Limit or eliminate sugary drinks; provide water.
3. Prohibit the use of food as a reward.
4. Provide opportunities to get physical activity every day.
5. Limit recreational screen time.

# Silver Level - Communication

To achieve SILVER level recognition, a program must meet the requirements for Bronze AND must communicate with families about its commitment to 5-2-1-0 and the five *Let's Go!* priority strategies in each of the following three ways:

1. Display 5-2-1-0 posters.
2. Send home the “Message to Families” (provided on page 8) to the families of all kids.
3. Use the “Message to Families” in one additional way. For example:
  - Upload the “Message to Families” to your website and post a link to it on your Facebook page.
  - Have copies of the “Message to Families” available in the program entrance/lobby.
  - Display the “Message to Families” on a bulletin board.

You will be asked to verify on the *Let's Go!* Survey that you have completed these three tasks.

## Quick Notes:

- *Locations to display 5-2-1-0 posters may include the program entrance/lobby, activity areas, and classrooms. You can get free posters from your Let's Go! Coordinator!*
- *You may customize portions of the “Message to Families” by using the modifiable version available online.*
- *Send the “Message to Families” home however you typically communicate with families, either by hard copy or email.*

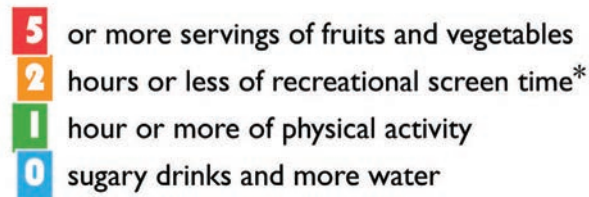
If you need assistance with any of these steps, contact your *Let's Go!* Coordinator or the Let's Move Pittsburgh Home Office at 412/622-6915. We are here to help!

# Healthy Eating and Physical Activity at Our Program Message to Families

Date:

Dear:

Our program believes that all kids deserve the opportunity to be healthy and successful. Healthy eating and physical activity are required for proper development, and improve concentration, memory, and mood, helping kids become better learners. We are pleased to share with you that our program supports the 5-2-1-0 Every Day message, which states the following:



\*Keep TVs/computers out of the bedroom. No screen time under the age of 2.

To further support healthy kids, staff, and families, we participate in *Let's Go! 5-2-1-0 Goes Out-of-School*. As part of this program, we promote and follow the *Let's Go!* five healthy strategies below, which support the 5-2-1-0 behaviors:

1. We limit unhealthy choices for snacks and celebrations and provide healthy choices instead.
2. We limit sugary drinks.
3. We do not reward kids with food.
4. We provide opportunities for kids to get physical activity every day.
5. We limit recreational screen time.

These strategies and the 5-2-1-0 message are promoted at other *Let's Go!* out-of-school programs, child care programs, schools, and health care practices in our community and throughout Pittsburgh. Together, we can help ensure a healthy environment for kids throughout the day.

If you have any questions please don't hesitate to contact us. If you would like more information about Let's Move Pittsburgh, visit [www.letsmovepittsburgh.org](http://www.letsmovepittsburgh.org). Thank you for your support in helping us create a healthier place for our kids to learn and grow!

Sincerely,

# Gold Level - Policy

To achieve GOLD level recognition, a program must achieve the requirements for BOTH Bronze and Silver AND complete one of the options below.

## Option A:

The program adopts the Policy Addendum (on page 10) into their policy.

The *Let's Go!* Champion dates and initials the Policy Addendum and submits it upon request.

**OR**

## Option B:

The program writes or edits their policy to clearly support the five *Let's Go!* priority strategies by following the *Let's Go!* Policy Checklist (on page 11).

The *Let's Go!* Champion submits the program policy with the completed *Let's Go!* Policy Checklist upon request.

## Quick Notes:

- *You may customize portions of the Policy Addendum by using the modifiable version available online.*

If you need assistance with any of these steps, contact your *Let's Go!* Coordinator or the Let's Move Pittsburgh Home Office at 412/622-6915. We are here to help!

# Healthy Eating and Physical Activity at Our Program

## Policy Addendum

Our program is committed to helping raise a healthier generation of kids.

The staff at \_\_\_\_\_

has made it our policy to follow the five *Let's Go!* priority strategies for healthy eating and physical activity.

1. We limit unhealthy choices \* for snacks and celebrations.
2. We limit sugary drinks.\*\*
3. We prohibit the use of food as a reward.
4. We provide opportunities for physical activity every day.
5. We limit recreational screen time.

\* Unhealthy choices include foods and drinks high in sugar and/or salt such as soda, candy, cookies, cake, and chips.

\*\* Sugary drinks include juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks.

This Addendum was adopted into policy on this date: \_\_\_\_\_

Initials of Let's Go! Champion: \_\_\_\_\_

# Let's Go! Policy Checklist

If a site chooses to reach GOLD by editing their policy to clearly support the five *Let's Go!* priority strategies, this checklist must be completed and submitted with the updated policy.

**Check off each box after verifying your policy meets the guidelines.**

NAME OF SITE:

NAME OF CHAMPION:

EMAIL:

☐ The policy is included with this completed checklist (required).

## **Strategy 1: Limit unhealthy choices for snacks and celebrations; provide healthy choices.**

☐ Policy shows unhealthy choices provided by the site for snacks and celebrations are limited.

- *Policy does not have to show that the site limits unhealthy choices sent from home.*
- *Policy does not have to show that the site provides healthy options.*
- *There is no strict definition of "limit," it is set by the site.*
- *Unhealthy choices include food and drinks high in sugar and/or salt such as soda, candy, cookies, cake, and chips.*
- *Healthy choices include water, fruits, vegetables, whole grain foods, protein sources such as eggs, beans, dairy, fish, and poultry, and healthy fats such as nuts, seeds, and avocados.*

## **Strategy 2: Limit or eliminate sugary drinks; provide water.**

☐ Policy shows the site limits sugary drinks.

- *Policy does not have to show that sugary drinks sent from home are limited.*
- *Policy does not have to show that the site provides drinking water.*
- *Sugary drinks include juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks.*

## **Strategy 3: Prohibit the use of food as a reward.**

☐ Policy shows that using food as a reward is not allowed at the site.

## **Strategy 4: Provide opportunities to get physical activity every day.**

☐ Policy shows that kids are given opportunities for physical activity every day.

## **Strategy 5: Limit recreational screen time.**

☐ Policy shows that recreational screen time is limited.

- *"Recreational screen time" includes the use of computers, tablets, phones, and other electronic devices with screens for non-educational purposes.*

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

\*Keep TVs/computers out of the bedroom. No screen time under the age of 2.



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# RESOURCES

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# Empowering Adolescents to Make HEALTHY CHOICES

**Program leaders working with preteens and teens are often concerned with eating disorders. Bringing up 5-2-1-0 and discussing healthy behaviors in a positive way does not cause disordered eating. In fact, research supports the idea that interventions like 5-2-1-0 Let's Go! may actually help prevent eating disorders in early adolescent girls.<sup>1</sup>**



Adolescence is a time of major physical, mental, and social change. During this time, food and exercise become more sensitive topics than they once were. It can be challenging for adults to discuss healthy eating and active living with preteens and teens, but it is critically important. Research shows that adolescents in the U.S. receive too much screen time, sugary drinks, and fast food, and not enough physical activity, fruits, and vegetables. Involving youth in your *Let's Go!* efforts can empower them to make the 5-2-1-0 behaviors a part of their lives and can increase the effectiveness of your *Let's Go!* efforts.

**Here are some ideas for partnering with and engaging older youth in your *Let's Go!* efforts, empowering them to make healthy choices.**

- **Invite youth to be a part of your *Let's Go!* team.** They will have unique insights into the approach you take to your *Let's Go!* work. Involving youth not only empowers them to make changes, but also provides an opportunity to focus the work on what is most relevant to their lives. Have them help you complete the *Let's Go!* Action Plan, and assign them responsibilities to help implement your 5-2-1-0 goals throughout the program year.
- **Give adolescents new responsibilities.** Try asking them to play a role in creating menus and preparing snacks and meals at your program. Refer to the **Cooking with Kids** handout in the 'Step 3: Strategy 1: Limit Unhealthy Choices' tab of the toolkit.
- **Guide adolescents toward their own healthy decisions rather than setting too many rules and restrictions.** Try setting up a sugary drink display and encourage group or peer-to-peer discussion about the health impacts of excessive sugar intake. Refer to the **Make Your Own Sugar Bottle Display** handout in the 'Step 3: Strategy 2: Limit Sugary Drinks' tab of the toolkit.

<sup>1</sup> Austin SB, Kim J, Wiecha J, Troped PJ, Feldman HA, Peterson KE. School-based overweight prevention intervention lowers incidence of disordered weight-control behaviors in early adolescent girls. *Arch. Pediatr. Adolesc. Med.* 2007; 161(9): 865-869.

- Engage adolescents in friendly competition. The 5-2-1-0 Poster Contest is a great example (students at Portland's Deering High School loved it)! Refer to the **Hold a 5-2-1-0 Poster Contest** handout in the 'Step 3: Strategy 1: Limit Unhealthy Choices' tab of the toolkit.
- Create a mentorship program. Partner with a program that serves younger children and have adolescents serve as 5-2-1-0 mentors. You may choose to have the older youth lead younger kids in a StoryWalk (see the **StoryWalk™** handout in the 'Step 3: Strategy 4: Provide Physical Activity' tab of the toolkit) or in energizers and games from the **5-2-1-0 Physical Activities: A 'Redy-to-Go' Book of Energizers and Games** (in the front pocket of the toolkit).



**For more information and ideas on empowering and partnering with youth, check out:**

- Positive Youth Development Resource Manual (<https://ecommons.cornell.edu/handle/1813/21946>)

**“The adolescent years are a pivotal period in a youth’s life. Even though it may seem like many teens want nothing to do with adult suggestions or guidance, they do observe and learn from healthy role models around them, and this translates into a lifetime of healthy habits. The Let’s Go! program provides the tools that enable adults to partner with adolescents while improving their own health at the same time.”**

**DR. JONATHAN FANBURG, MD, MPH**  
**ADOLESCENT MEDICINE EXPERT**

# Read Your Way to



A reading list for children from birth through grade 5

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## BIRTH – PRE-K

***From Head to Toe*** by Eric Carle

Readers are encouraged to exercise by following the movements of various animals. The story is presented in a question and answer format.

***Eating the Alphabet: Fruits and Vegetables from A to Z*** by Lois Ehlert

Take an alphabetical tour of the world of fruits and veggies — from apricot and artichoke to yam and zucchini.

***Rainbow Stew*** by Cathryn Falwell

On a rainy summer day, three children and their grandpa pick vegetables in his garden, and then cook and share a delicious meal of his famous rainbow stew. The recipe is included!

***What's So Yummy?: All about Eating Well and Feeling Good*** by Robie Harris

Gus, Nellie, and baby Jake visit their community garden before shopping at the farmers' market and grocery store to gather healthy ingredients and help prepare them for a picnic. This story explains the role of nutrition in health.

***Dig In!*** by Cindy Jenson-Elliott

A little boy digs, plays and explores in his garden.

***Hop a Little, Jump a Little!*** by Annie Kubler

Simple rhymes describe the different ways babies and toddlers can move around.

***Cook It Together*** by Annabelle Karmel

Taking 10 common ingredients that kids love — including tomatoes, potatoes and chocolate — this cookbook explains where each food comes from and how it's made. It also offers 20 healthy, easy-to-follow recipes.

***Hop, Hop, Jump!*** by Lauren Thompson

Rhyming text and labeled illustrations that identify parts of the body encourage readers to wiggle and twist, stomp and zig-zag, and hug and shrug.

***Plants Feed Me*** by Lizzy Rockwell

A cast of multicultural kids demonstrates how plants are instrumental parts of what we eat.

***Yummy!: Good Food Makes Me Strong!*** by Shelley Rottner

Children eat and prepare healthy food, and parents learn tips for choosing healthier options.

***Eat*** by Elizabeth Verdick

Babies explore and enjoy the many foods that help them grow healthy and strong.

***Little Yoga: A Toddler's First Book of Yoga*** by Rebecca Whitford

Join Yoga Baby in nine basic yoga poses.

## KINDERGARTEN – GRADE 2

**Backyard Detective: Critters Up Close** by Nic Bishop

Learn about a variety of animals and insects that can be found close to home and discover tips on how to observe them.

**The Food Parade: Healthy Eating with the Nutritious Food Groups** by Elicia Castaldi

A parade is marching through the fictional town of Foodland, teaching children about the USDA's food guide pyramid, their newly introduced food plate and the importance of healthy eating.

**Carrots Like Peas: And Other Fun Facts** by Hannah Eliot

Find out tons of cool facts about fruits, veggies, popcorn, cotton candy and other mouth-watering foods.

**Our Food: A Healthy Serving of Science and Poems** by Grace Lin

Learn about the five food groups and the benefits of nutritional eating.

**300 Step-By-Step Cooking & Gardening Projects for Kids** by Nancy McDougall

Get children involved both in the kitchen and in the garden with over 300 fun and creative projects. Each project includes a full list of ingredients and equipment needed, as well as difficulty ratings and time estimates.

**Farmer Will Allen and the Growing Table** by Jacqueline Briggs Martin

Former basketball star Will Allen became an urban farmer and activist. Discover how his vision of gardening from abandoned urban sites led to a grassroots feeding craze.

**Up in the Garden and Down in the Dirt** by Kate Messner

Discover the secret world of wonders all around us — from leaves and sprouts growing up in the garden to a busy community hidden down in the dirt.

**On the Ball** by Brian Pinkney

Owen loves soccer, but isn't the best at playing it. He soon discovers that he has more skills than he realized.

**The Busy Body Book: A Kid's Guide to Fitness** by Lizzy Rockwell

Learn all about how your amazing body works and why it needs exercise.

**Tales for Very Picky Eaters** by Josh Schneider

A father tells outlandish stories while trying to get his young son, who is a very picky eater, to eat foods he thinks he will not like.

**Miss Fox's Class Shapes Up** by Eileen Spinelli

When Miss Fox realizes that her students do not have healthy habits, she teaches them that healthful living is fun and rewarding.

**You Are a Lion!: And Other Fun Yoga Poses** by Tae-Eun Yoo

Children pretend to be many different animals as they do various yoga poses.

continued

## GRADES 3 – 5

### **Granny Torrelli Makes Soup** by Sharon Creech

With the help of her wise old grandmother, 12-year-old Rosie manages to work out some problems in her relationship with her best friend, Bailey, the boy next door.

### **Go Out and Play!: Favorite Outdoor Games from Kaboom!**

This guide lists more than 70 classic and contemporary playground games, and provides instructions for favorites, such as kick the can, freeze tag and sardines. It also includes tips for adults on how to encourage and facilitate outdoor play.

### **Garden to Table: A Kid's Guide to Planting, Growing and Preparing Food** by Catherine Hengel

Grow, harvest and cook homegrown foods.

### **Babymouse Goes for the Gold** by Jennifer Holm

Urged by her mother to find a physical activity, Babymouse — who would rather read and eat cupcakes — tries out for the swim team. This story is presented in comic book format.

### **Judy Moody, M.D.: The Doctor Is In** by Megan McDonald

Judy is excited about becoming a doctor, especially when Class 3T starts a new unit on the human body, but she learns more about being a patient when she catches tonsillitis from her little brother, Stink.

### **Eat Your Greens, Reds, Yellows and Purples: Children's Cookbook** by James Mitchem

A tasty guide to colorful food, *Eat your Greens, Reds, Yellows and Purples* is packed with tasty, healthy vegetarian recipes and information on which ingredients are good for you and why.

### **The Kids' Guide to Nature Adventures: 80 Great Activities for Exploring the Outdoors** by Joe Rhatigan

Learn when a chrysalis will open, why wolves howl and how the tide goes out, and read advice about equipment and safety in this nature exploration guide.

### **ChopChop: The Kids' Guide to Cooking Real Food with Your Family** by Sally Sampson

Children and parents can make these simple, healthy and delicious dishes together.

### **National Geographic Kids Cookbook: A Year-Round Fun Food Adventure** by Barton Seaver

Discover recipes for fun, new dishes and twists on old favorites for each month of the year. Plus, read weird food facts, profiles on "foodie" people, and activities and challenges you can do by yourself or with friends.

Book recommendations were made by our partners at Carnegie Library of Pittsburgh.



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Download more 5-2-1-0 resources at [letsmovepittsburgh.org/5210](https://letsmovepittsburgh.org/5210). To start a 5-2-1-0 campaign at your home or organization, please contact [letsmove@phipps.conservatory.org](mailto:letsmove@phipps.conservatory.org).



Let's Move Pittsburgh is a program of Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! [www.letsgo.org](http://www.letsgo.org).



# WORKING TOWARDS ACCREDITATION?

Let's Go! Can Help!

**Did you know that participating with Let's Go! can help your program get started in work towards accreditation?**

The Council on Accreditation (COA) offers the Child and Youth Development (CYD) Program Accreditation for after school and youth development programs. Here is how 13 of the 17 Service Standards of the COA CYD Program Accreditation align with the Let's Go! program.

**This table highlights Let's Go!'s alignment with the CYD Service Standards, however Let's Go! aligns with some of the CYD Administration and Management Standards as well!**



This program is adapted from Let's Go! [www.letsgo.org](http://www.letsgo.org)

CHILD AND YOUTH DEVELOPMENT AFTER SCHOOL AND YOUTH DEVELOPMENT (CYD AYD) STANDARD	CYD AYD STANDARD DESCRIPTION	HOW LET'S GO! SUPPORTS THIS STANDARD
<b>Program Mission and Philosophy</b>	The program's mission and philosophy are responsive to the needs and aspirations of the community and guide program administration, planning, implementation, and evaluation.	Childhood obesity prevention is a priority in many Maine communities. A program's mission and philosophy may include a commitment to helping raise a healthy generation of kids.
<b>Building Healthy Relationships Between Children and Youth and Adults</b>	Children and youth develop positive, supportive relationships with personnel.	<i>Let's Go!</i> encourages staff to participate in movement activities and free play with kids (Strategy 4). <i>Let's Go!</i> also encourages staff to be healthy role models (Strategy 9).
<b>Promoting Positive Behavior and Healthy Peer Relationships</b>	Personnel use positive techniques to support and guide behavior and promote respectful, cooperative interactions among children and youth. <ul style="list-style-type: none"> <li>Program policy prohibits negative approaches to behavior management.</li> </ul>	<i>Let's Go!</i> uses only positive messages and techniques to increase healthy eating and physical activity. Programs are encouraged to develop policies that promote physical activity, which can help with behavior management (Strategy 4).
<b>Programming and Activities</b>	Program activities provide opportunities to build skills, explore interests, experience a sense of self-efficacy and belonging, and contribute to the community. <ul style="list-style-type: none"> <li>Children and youth are involved in developing, planning, implementing, and evaluating activities, policies, and initiatives that reflect their needs and interests.</li> </ul>	The <i>Let's Go!</i> 5-2-1-0 Out-of-School Toolkit includes activities to help kids build skills and explore interests such as cooking, gardening, and sports (Strategies 1 and 4). The toolkit provides ideas for how programs can partner with the community (Strategy 7). <i>Let's Go!</i> encourages programs to involve youth in their <i>Let's Go!</i> efforts.
<b>Academic Programming</b>	Children and youth participate in academic activities that help them to succeed in school.	The Toolkit includes materials to help program leaders incorporate healthy eating and physical activity into academic out-of-school programming (Strategies 1, 2, 3, and 4).

continued



CHILD AND YOUTH DEVELOPMENT AFTER SCHOOL AND YOUTH DEVELOPMENT (CYD AYD) STANDARD	CYD AYD STANDARD DESCRIPTION	HOW <i>LET'S GO!</i> SUPPORTS THIS STANDARD
<b>Indoor Environment</b>	Program activities take place in safe, supportive settings that promote personal growth and healthy development.	The Toolkit includes materials to support healthy indoor environments by incorporating healthy eating and physical activity and limiting screen time (Strategies 1, 2, 3, and 4).
<b>Outdoor Environment</b>	The outdoor environment meets the needs of children and youth and allows them to be independent and creative.	The Toolkit includes materials to start a garden (Strategy 1) and increase active outdoor play (Strategy 4).
<b>Nutrition and Physical Fitness</b>	The program supports and encourages healthy eating and physical fitness.	The focus of 5-2-1-0 is on healthy eating and active living!
<b>Specialized Sports and Fitness Programming</b>	Children and youth participate in specialized sports and fitness activities that help them to develop fitness and athletic abilities.	The Toolkit includes a range of ideas for sports and fitness activities and modifications so that all children can participate (Strategy 4).
<b>Health and Wellness</b>	The program protects and promotes the health of children and youth.	5-2-1-0 behaviors are an integral part of overall health and wellness for children and youth.
<b>Safety</b>	<p>The program ensures the safety of children, youth, and personnel on its premises.</p> <ul style="list-style-type: none"> <li>Children, youth, and staff are trained on Internet safety and the program's Internet usage policies and procedures.</li> </ul>	The Toolkit provides resources for safe movement activities (Strategy 4) and a resource on media literacy for safe Internet use (Strategy 5).
<b>Family Connections</b>	<p>Connections with families increase the ability of the program to support children and youth.</p> <ul style="list-style-type: none"> <li>Personnel and family members share information to support the well-being of children and youth.</li> </ul>	<i>Let's Go!</i> asks programs to partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living. The Toolkit includes educational materials on the importance of healthy eating and physical activity for programs to send home to parents, and tips on hosting a family wellness event (Strategy 8).
<b>Community Involvement and Partnerships</b>	Connections with community members, organizations, and institutions increase the ability of the program and community to support and engage children and youth.	<i>Let's Go!</i> asks programs to engage community partners to help support healthy eating and active living. The Toolkit includes suggested partnerships and tools to facilitate these partnerships (Strategy 7).

Follow these links to learn more about the Child and Youth Development (CYD) Program Accreditation:

- <http://coanet.org/accreditation/child-and-youth-development-program-accreditation/>

Continue Your *Let's Go!* Efforts

# OVER THE SUMMER

**Summer is the time to reinforce healthy habits learned in the classroom during the school year!**

We know that many out-of-school programs operate differently over the summer. Programs may have different staff, extended hours, changes in programming, or changes in funding for meals and snacks. Here are some tips to keep your 5-2-1-0 efforts strong through the summer months:

- Provide an overview of *Let's Go!* at new staff orientation.
- Stay connected with your local *Let's Go!* Coordinator.
- Continue using the *Let's Go!* Strategies for Success to create healthy environments for kids at your program.
- Set goals related to nutrition and physical activity and work to make changes to support healthy behaviors at your summer program.
- Partner with the USDA Summer Food Service Program (See the 'Step 3: Strategy 10' tab).
- Continue to partner with and educate families by sending home handouts from this toolkit (See the 'Step 3: Strategy 8' tab).

The YMCA's Family Health Snapshot survey, conducted in partnership with the American Academy of Pediatrics Institute for Healthy Childhood Weight in March 2015, revealed that encouraging kids to make healthy lifestyle choices is especially important over the summer.

The survey showed that, during the summer:

- Only about half of kids get at least 1 hour of daily physical activity
- About three-quarters of kids drink sugar-sweetened beverages at least weekly
- About a quarter of kids drink 1 or more sugary beverages daily or nearly daily
- 64 percent of parents report that their kids spend 3 or more hours each day on recreational screen time



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Visit

# THE *LET'S GO!* ONLINE STORE

**Take some time  
to visit the *Let's Go!*  
Online Store.**

Let's Go! has partnered with local companies to offer you 5-2-1-0 tools, resources, and promotional materials at a great price. You can purchase the following branded items with just a few clicks:

- **Toolkits**
- **Posters**
- **Brochures**
- **Activity Rings**
- **Stickers**
- **Bracelets**
- **Water Bottles**
- **School Policy Guide**

Give students stickers instead of food rewards, provide water bottles for use at your child care program, refer to the activity ring during your out-of-school program, and offer role modeling brochures to parents.



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[www.letsgotoolkits.com](http://www.letsgotoolkits.com)

Keep Them Thinking

# 5-2-1-0 TRIVIA, FACTS AND QUESTIONS OF THE DAY

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Use these trivia, facts, and daily questions to start a fun conversation about healthy behaviors. Try posting them on your bulletin board, website, or in a newsletter sent home to parents. Bring them up with the kids during program activities or snack time.



www.lets-go.org

## For young kids:

1. **What does 5-2-1-0 stand for?**  
A: 5 or more fruits and vegetables, 2 hours or less of recreational screen time, 1 hour or more of physical activity, 0 sugary drinks; more water—Every Day!
2. **Name 3 fruits that you could have at breakfast.**
3. **Name 5 vegetables that you could bring for lunch.**
4. **How many commercials do think you watch every year?**  
A: The average child watches 20,000 commercials each year.
5. **Name 3 activities you can do inside that don't involve a screen.**  
Build a fort, play dress up, dance to your favorite music.
6. **What is the #1 thirst quencher?** A: Water
7. Frogs do not need to drink water because they absorb water through their skin. You, however, are not a frog and need to drink plenty of water every day!
8. Raisins are made from grapes that have dried in the sun for two to three weeks.  $\frac{1}{4}$  cup of raisins in your lunch can count as one of your 5-a-day!
9. **What color are carrots? Did you know that they also come in purple, red, black, and white?** Ask your parents to take you to the local farmer's market and find them!

## For older kids:

1. Most Americans eat about 20 teaspoons of sugar each day. This is over double the daily amount of sugar the American Heart Association recommends for adults!
2. **True or False: Americans spend more money on fast food than on movies, books, magazines, newspapers, videos, and recorded music—combined.** A: True
3. According to a study from the Trust for America's Health and the Robert Wood Johnson Foundation, the number of fast food restaurant outlets in the United States increased from 30,000 in 1970 to 220,000 in 2001, and fast food spending has increased from \$6 billion to \$110 billion over the last three decades.
4. **How many teaspoons of sugar are in a 20oz bottle of Mountain Dew?**  
A: 18 tsp
5. Did you know that since the 1970s, the standard dinner plate has increased from 10½ inches to 12½ inches in diameter?
6. Did you know that in 1969, 50% of kids walked to school each day compared to the 10% that walked to school in 2001?
7. **How much of your body is made up of water?** A: 70-80%
8. **True or False: Beans/legumes count as a vegetable.** A: True
9. **What's the recommended limit for 100% juice each day?**  
A: 8-12 ounces for adolescents
10. Try this physical activity break today! Run or march in place, lifting your knees in front of you as high as you can. Pump your arms. Count to 30!

# SING

Original Version of the  
**5-2-1-0 SONG**

5 – 2 – 1 and 0

That's a funny way to count you say.

5 – 2 – 1 and 0

Well that's the way to stay healthy today.

5 fruits and vegetables everyday

Make your mind and body strong.

Like carrots or broccoli or apples or bananas

Or green beans that grow long.

5 – 2 – 1 and 0

That's a funny way to count you say.

5 – 2 – 1 and 0

But that's the way to stay healthy today.

And TV and video games, we know that they are fun

But just keep it under 2 hours

And let your imagination run ...

With.... 5 – 2 – 1 and 0

That's a funny way to count you say.

But 5 – 2 – 1 and 0

That's the way to stay healthy today.

And run and jump and play outside

For at least 1 hour

And when you're thirsty, leave the soda behind

But grab an ice cold milk or a water that's fine...

And remember.... 5 – 2 – 1 and 0

Well that's a funny way to count you say.

But 5 – 2 – 1 and 0

Well that's the way to stay healthy today.

That's the way to stay healthy today!



Lyrics and Music  
By Sara Yasner

**Let's Move**  
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Listen to the Original 5-2-1-0 Song **online** at [www.letsgo.org](http://www.letsgo.org).



# SING

5-2-1-0 Version of

IF YOU'RE **HAPPY**  
AND YOU KNOW IT

*Sing to the tune of "If You're Happy and You Know it..."*

If you're healthy and you know it  
Go for 5!  
5 fruits and veggies each day will help you thrive!  
They give you energy to Go!  
And vitamins to grow.  
If you're healthy and you know it  
Go for 5!

If you're healthy and you know it  
Go for 2!  
Less than two hours of TV is good for you!  
Play Station and X-box won't help you be a Red Sox!  
If you're healthy and you know it  
Go for 2!

If you're healthy and you know it  
Go for 1!  
1 hour of exercise is each day is really fun!  
Walking, running, jumping, biking,  
Playing ball and going hiking,  
If you're healthy and you know it  
Go for 1!

If you're healthy and you know it  
Go for 0!  
No sugary drinks will make you a hero!  
You know that you ought to  
Drink milk and lots of water  
If you're healthy and you know it  
Go for 0!



[www.letsgo.org](http://www.letsgo.org)

**Let's Move**  
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Written by Kindergarten teachers at Eight Corners Elementary School in Scarborough, Maine. Heidi Gosselin, Andrea White, Erica Keay, Jessica Deans, and Karen Littlefield

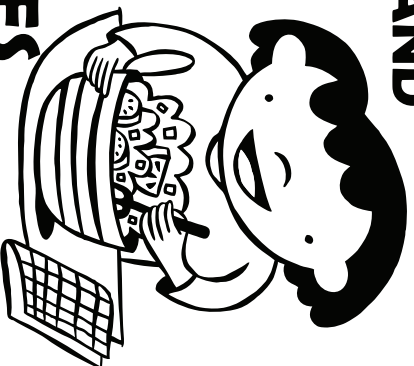
**EAT**

**5**



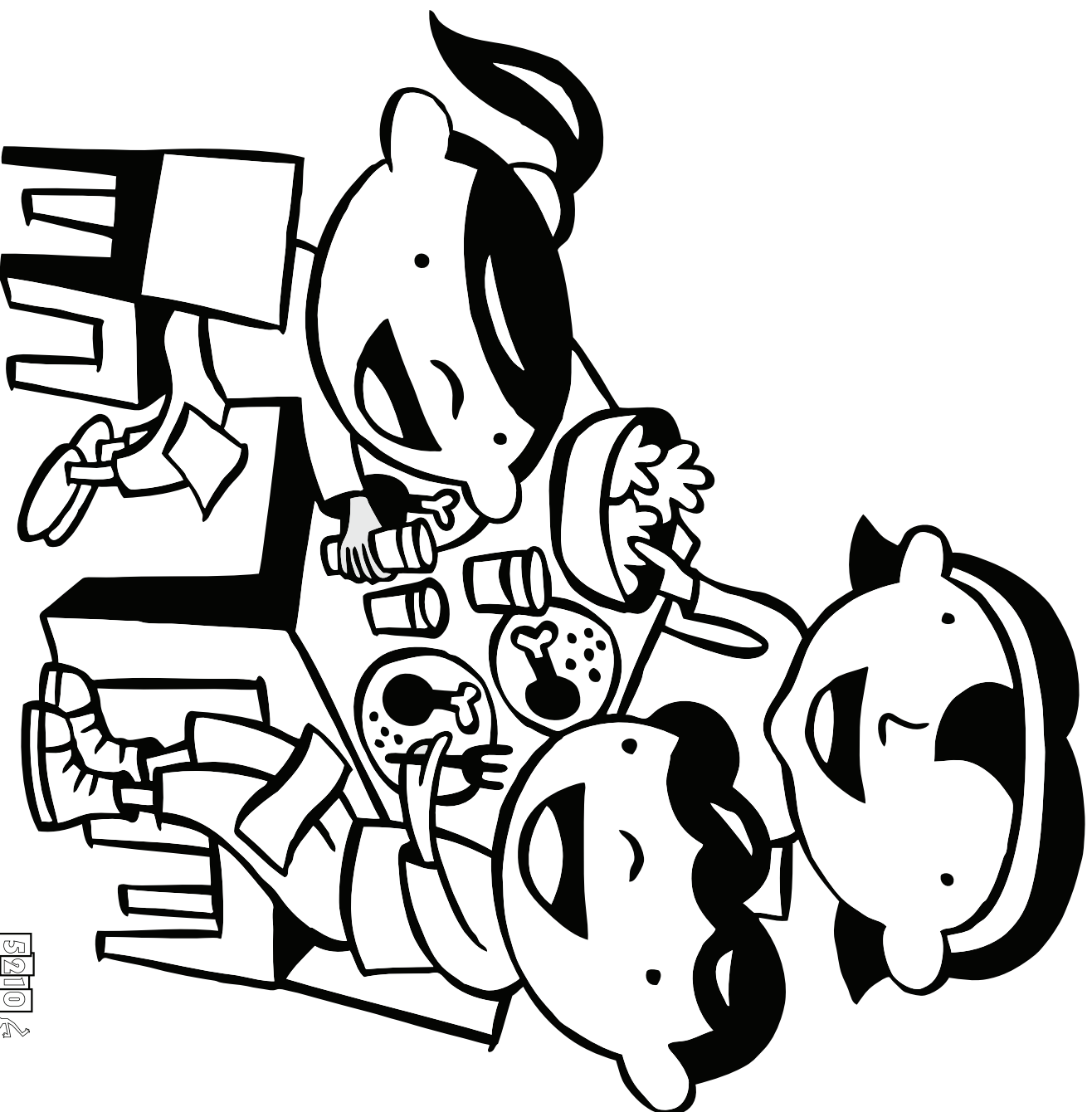
**FRUITS**

**AND**



**VEGGIES**

**Let's Move**  
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**EVERY DAY!**

**5210**

**Let's Go!**

[www.lets.go.org](http://www.lets.go.org)



# What I like about FRUITS and VEGETABLES:



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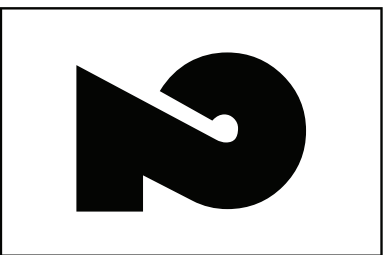
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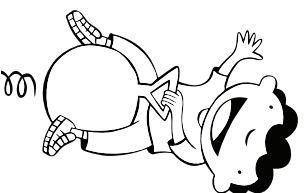
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**HOURS  
OR LESS**



# **RECREATIONAL SCREEN TIME**



**SPEND MORE  
TIME OUTSIDE  
EVERY DAY!**



**Let's Move**  
Pittsburgh

# What I do INSTEAD of TV:



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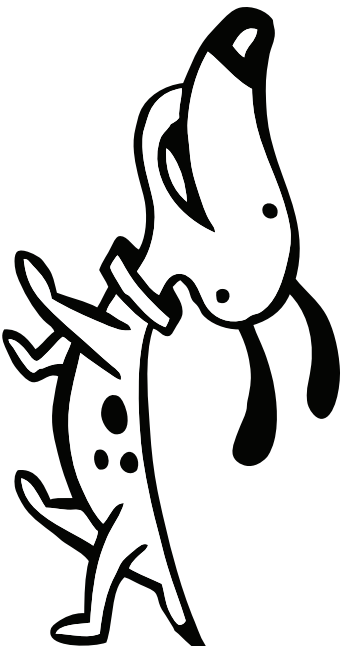
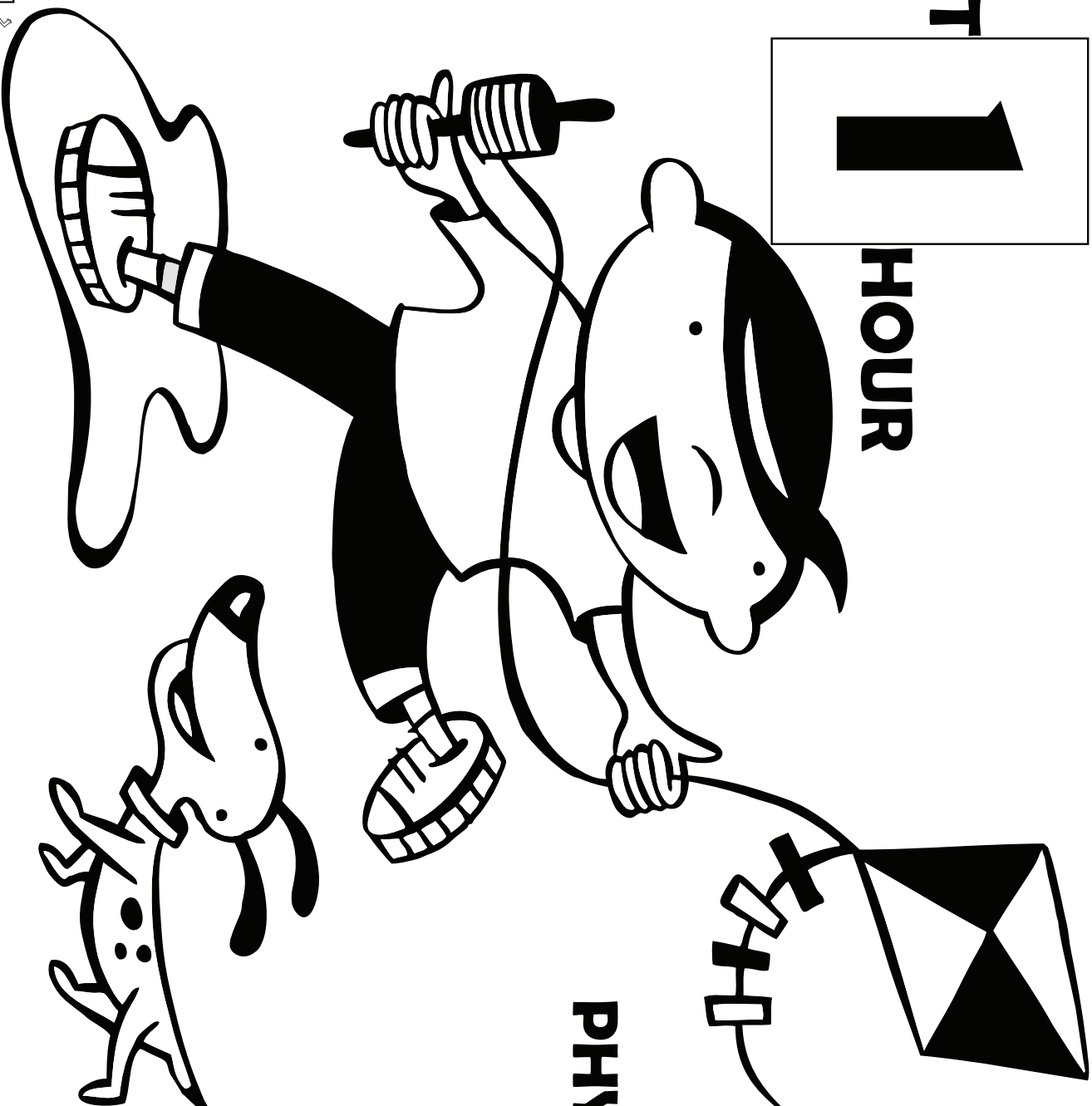
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**GET**

**1**

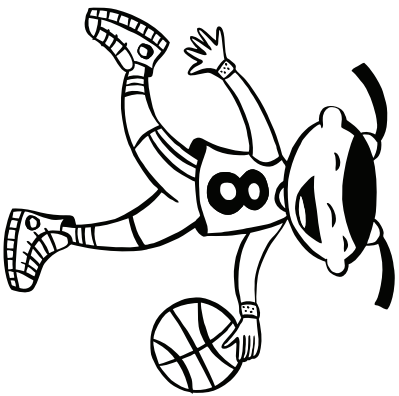
**HOUR**



**OF  
PHYSICAL  
ACTIVITY**

**EVERY DAY!**

# What I like to do OUTSIDE:



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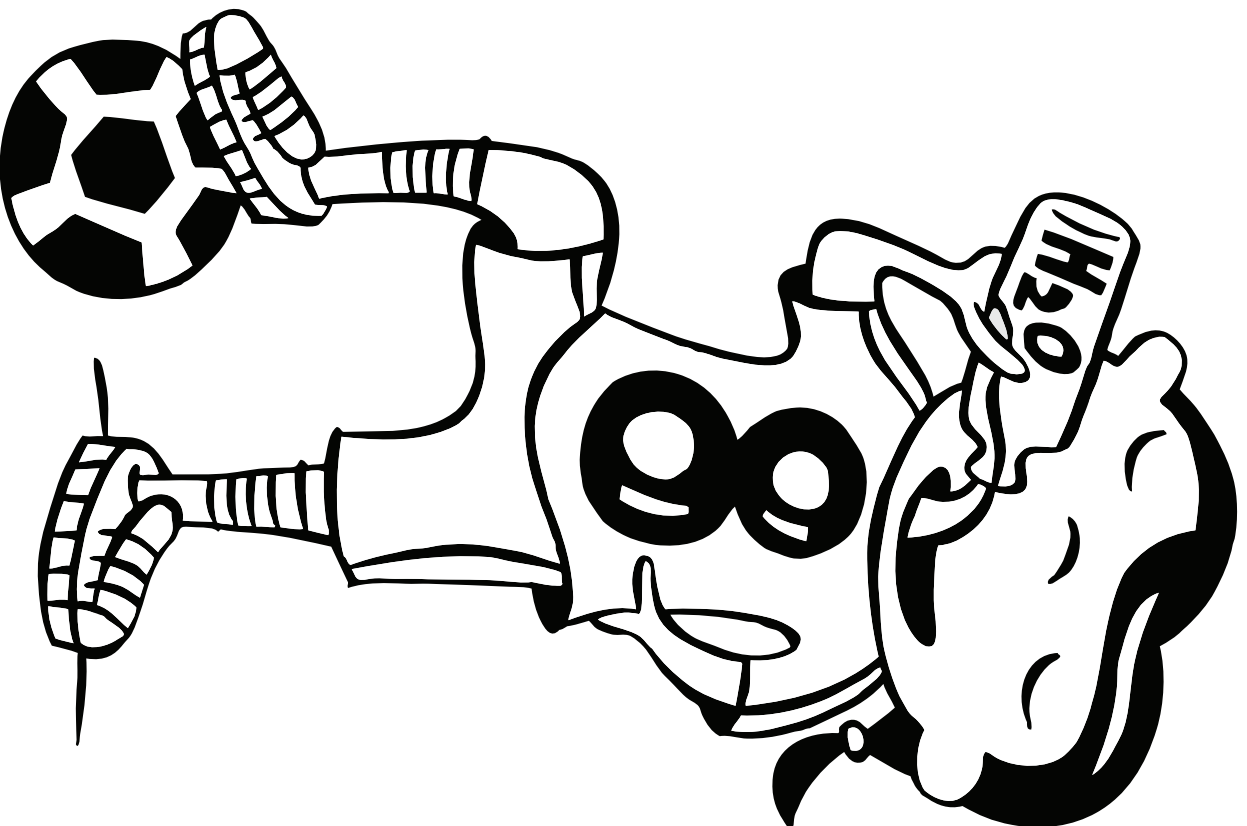
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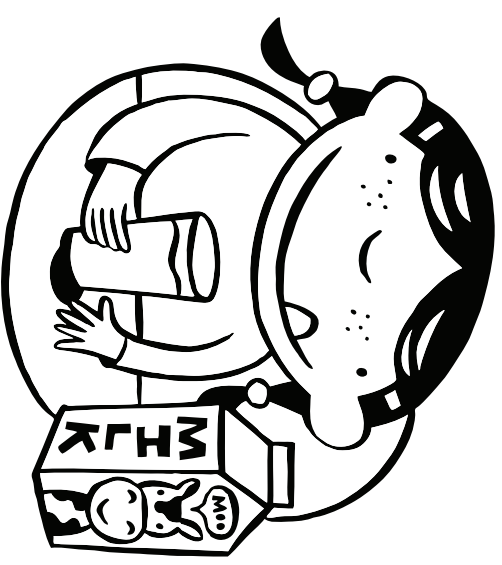
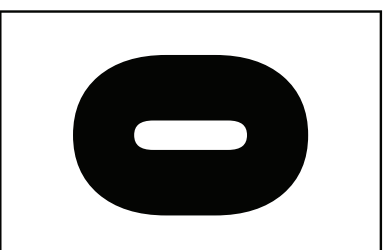
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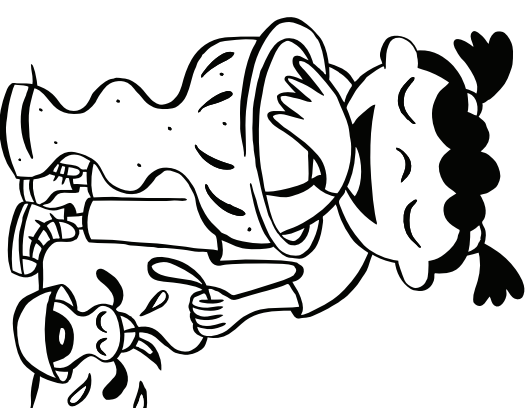
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**SUGARY  
DRINKS**

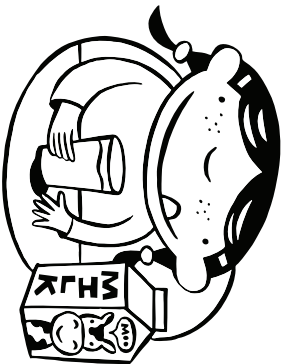


**MORE  
WATER**



**EVERY DAY!**

**Where I can find fresh, cool water:**



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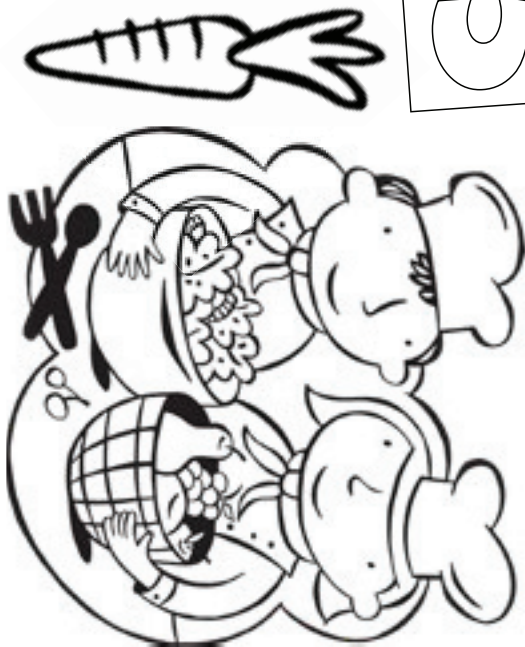
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5

or more fruits and vegetables!



1

hour or more of physical activity!

- BASKETBALL
- BIKE
- DANCING
- GARDENING
- HIKING
- JUMPING
- JUMPROPE
- PLAY
- RECESS
- REDY
- RUNNING
- SKIING
- SLEDDING
- SNEAKERS
- SNOWSHOES
- SOCCER
- SWIM
- TAG
- WALKING
- WATER

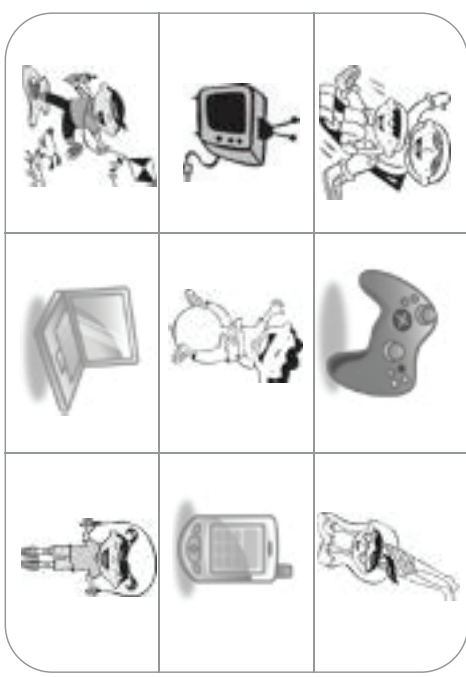


How many of the activities listed can you find in the puzzle below?

C F G J B X S V B D Q R A R Y Y P G Y O L R G M S  
Y N W U N P R G A G N I N E D R A G N G U N H I W  
I B I Y R W E Q S Z W N C C I Q Y V N I I J F N I  
O J A B M H K L K H G S F C J H Y I M D I R G S M  
R S X U L N A M E P U Q B O Z Q K E D H P K N C S  
D C Q E U C E W T A Z I V S D I A E P U G O S Q J  
F R O G K W N P B J K P W Z H H L W C O W R M K A  
Y A L P A Q S F A E K P R L P S E U I S R L E G X  
W F L R T L T L Z Z P X U U F M D H X A P C D G  
A Q A N U Q N F L Q R W R S N H A O W P Q V M I Y  
L E G H I B C G L K P S I V C N E X R H N Q C U Q  
K U E Q R Z Q E N N E J X O C S I P T E S J Y F J  
I A S J P C B Z H J U M P I N G R N S S E C E R M  
N J I G W C V B V G G G N G J Y I W G J W Y B Z R  
G W A T E R S E I Y Q G V P P F M K W N N X D W D

2

hours or less recreational screen time!



Circle the activities that make your body strong!

5210  
Every Day!

0

sugary drinks, more water!



WATER

Redy is Let's Go's mascot and shares the 5-2-1-0 message. Redy's favorite foods are apples, blueberries, and green peppers. He loves doing cartwheels, and is also very good at jumping rope and playing Frisbee. He likes to cool down with clear, refreshing water after a long day of play!

