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- Introduction to the Let's Go! Action Planning Packet
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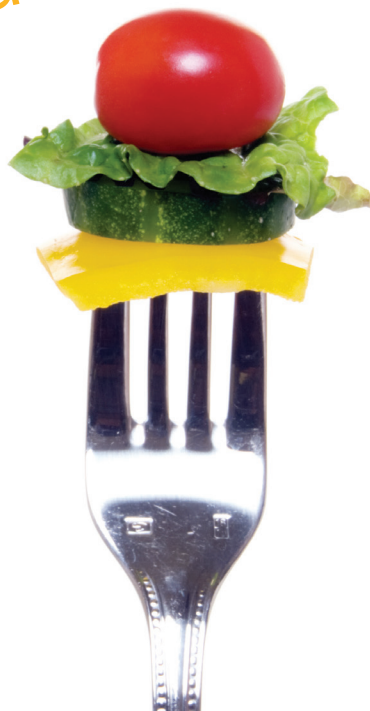
- Welcome to 'Step 3: Implement Action Plan'!

STRATEGY 1:

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

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- Ideas for Healthy Snacks
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- A Guide to Maine Seasonal Food
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it's **ALL**
about healthy!



STRATEGY 2:

Limit or eliminate sugary drinks; provide water.

- Why Does This Matter?
- How to Implement Strategy 2
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- Hang *Let's Go!* Water Posters
- Role Model Drinking Healthy Beverages
- Make Your Own Sugar Bottle Display
- Have a Drink Plan Goal Setting Worksheet
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Prohibit the use of food as a reward.

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- How to Implement Strategy 3
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- Use Physical Activity as a Reward
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- What the Experts Say about Food Rewards
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STRATEGY 4:

Provide opportunities to get physical activity every day.

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- Quick Brain Boosts
- StoryWalk™
- LET US Play Principles
- Physical Activity in Any Weather
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- Take It Outside
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Limit recreational screen time.

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- How to Implement Strategy 5
- Take Home Activity Bags
- Healthy Activities for School Vacation
- My Favorite Things to Do Instead of Watching TV
- Screen Time Challenge
- Inspire Families to Participate in National Screen-Free Week
- Hang PSA Posters
- It's Summer! Let's Ditch the Screens and Play!
- Media Literacy
- Limit Recreational Screen Time to Two Hours or Less
- Step Away From the Screen!
- Ditch Your Phone for an Hour a Day to Get Active and Play!
- Promote Healthy Viewing Habits
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STRATEGY 6:

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

- Why Does This Matter?
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- Why Does This Matter?
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STRATEGY 8:

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- Why Does This Matter?
- How to Implement Strategy 9
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- Provide and Promote Safe Walking Routes
- Be a Healthy Role Model
- Celebrating Staff Successes Without Food

STRATEGY 10:

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

- Why Does This Matter?
- How to Implement Strategy 10
- Child and Adult Care Food Program (CACFP)
- School-Based Afterschool Snack Program
- USDA Summer Meals Program
- *Let's Go!* Customizable Summer Meals flyer
- USDA School's Out! flyers
- Go Above and Beyond to Provide Healthy Meals and Snacks

MORE:

Increase the Reach of Your *Let's Go!* Efforts throughout Your Organization

- How to Increase the Reach of Your *Let's Go!* Efforts
- Benefits of Organization-Wide Participation with *Let's Go!*
- How Organizations Can Participate with *Let's Go!*
- *Let's Go!* Program: We want you on board!

STEP 4: Complete Survey

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

STEP 5: Celebrate

- Celebrate ALL of Your Successes!
- *Let's Go!* Recognition Packet for Out-of-School

Additional Resources

- Empowering Adolescents to Make Healthy Choices
- Working Towards Accreditation? *Let's Go!* Can Help
- Continue Your *Let's Go!* Efforts Over the Summer
- Visit the *Let's Go!* Online Store
- 5-2-1-0 Trivia, Facts, and Questions of the Day
- Original 5-2-1-0 Song Lyrics
- If You're Happy and You Know It–5-2-1-0 Version
- 5-2-1-0 Coloring Pages
- 5-2-1-0 Activity Placemat

Front Pocket

- (3) *Let's Go!* Water Posters
- (5) PSA Posters
- 5-2-1-0 Physical Activities: A 'Redy-To-Go' Book of Energizers and Games