

GREETINGS!

are **you** ready?



Thank you for taking time to review the 5-2-1-0 Goes Out-of-School Toolkit! 5-2-1-0 *Let's Go!* works with out-of-school programs across the state to increase healthy eating and physical activity opportunities for kids. The program is part of a larger initiative called *Let's Go!* at The Barbara Bush Children's Hospital at Maine Medical Center. To learn more about *Let's Go!*, please visit www.letsgo.org.

The program is based on the following easy-to-remember 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.

This toolkit is designed to align with your *Let's Go!* work throughout the year. Each tab is designed to line up with the program's 5 Step Path to Success. Within each tab are the handouts, tools, and resources that will guide and support you through each step. Take time to become familiar with the contents of the toolkit and keep it handy! The whole toolkit is also available online for your convenience.

Our hope is that 5-2-1-0 Goes Out-of-School will help support out-of-school programs in raising and educating a healthier generation of kids. Please direct any feedback, questions, or comments you may have to *Let's Go!* at 207.662.3734, or email info@letsgo.org.



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Developed 2016

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