

# Are you interested in Changing Your Facility's Nutrition and Physical Activity Environment?



## I can help!

Are you too busy to improve the nutrition and physical activity environments at your facility, but care about the health of the children you serve?

As a trained 5-2-1-0 Goes to Child Care (5-2-1-0 GTCC) Partner, I'm here to help! The 5-2-1-0 GTCC program is an obesity prevention program that helps child care facilities improve their nutrition and physical activity environment by changing policies and practices.

Using the self-assessment instrument you will be able to identify strengths and weaknesses related to your nutrition and physical activity environment. This will be followed by goal setting, staff education, and on-going support and assistance provided by me, your trained 5-2-1-0 GTCC partner. Don't worry! 5-2-1-0 GTCC is designed to be user friendly, time and resource efficient, and easily integrated into your busy day.

## What will you receive?

- Free hard copy of a toolkit loaded with resources for both your staff and families
- Access to free training (with contact hours) for your staff
- Bi-Monthly e-newsletters
- Suggestions for and help in improving areas such as fruit, vegetable and fried food consumption, holiday celebrations, television viewing, and indoor/outdoor active play time, just to name a few
- Ideas on how to improve your own health
- Sample policy language for your parent and staff handbooks

## What is expected of your facility?

- Timely completion of the self-assessment instrument
- Participation in a goal setting meeting
- Participation in staff training workshops
- The commitment to work through your chosen improvements

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

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

Adapted from the NAP SACC Program, Center for Health Promotion and Disease Prevention, The University of North Carolina, Chapel Hill, NC, May 2007.



## Why should you care?

Good nutrition and plenty of physical activity are key to a young child's growth and development. These behaviors begin to be set early in life and are fostered by the environment in which children live and play. Because many children spend much of their day in child care settings, these environments are critical to the development of healthy behaviors. Creating a healthy environment requires leadership and commitment.



## Goals of the 5-2-1-0 GTCC Program

1. To provide child care facilities with an easy tool to evaluate their own nutrition and physical activity environment and make changes to support healthy weight behaviors in young children.
2. To promote healthy eating in children from birth to 5 years old in child care settings by serving appropriate foods and role modeling healthy eating behaviors.
3. To promote active play in children from birth to 5 years old in child care settings by providing plenty of indoor and outdoor active playtime and role modeling active lifestyles.
4. To reach out to parents through child care settings to promote healthy weight behaviors at home.

## How do you get started?

Congratulations! You have made the important decision to improve the health of young children by making it easier for them to eat healthy and be more active. For more information about Let's Go! and 5-2-1-0 GTCC in general visit [www.letsgo.org](http://www.letsgo.org). To get started, please contact:

## Local 5-2-1-0 Goes to Child Care Partner contact information: