

A NEW PARTNERSHIP

Date:

Dear Families:

We are pleased to announce that we have teamed up with *Let's Go!*, a nationally recognized program based out of The Barbara Bush Children's Hospital at Maine Medical Center. *Let's Go!* is helping 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. *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.

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 www.letsgo.org, or contact the *Let's Go!* staff at 662-3734 or info@letsgo.org.

Sincerely,

get involved
help out
ask questions



www.letsgo.org