

Let's Go!

Action Planning Packet

for Child Care 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 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.



www.letsgo.org

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 program is already doing in support of the 10 Strategies for Success and where you may 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.

Remember, we are here to take you from where you are to where you want to go!

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Child Care Program Name: _____

Date Completed: _____


Completed by: _____






For assistance with your *Let's Go!* Action Plan, visit www.letsgo.org and if you are in Maine, click on "In Your Community" to find your "Local Partner" or call the

Let's Go! Home Office at 207-662-3734.

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!* 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.**

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 to Child Care: 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 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 (*applies to large centers and Head Start programs*).
- 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 in care rooms (*reach out to your Let's Go! Coordinator if you need additional posters*).
- We have made our child care community (*where applicable: program director, teachers, support staff, program cooks, administrators, and parents*) aware of our participation in 5-2-1-0 Goes to Child Care 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 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

<p>Does your program limit unhealthy choices for snacks to less than once a week or never?</p>	<ul style="list-style-type: none"> <input type="checkbox"/> No <input type="checkbox"/> Yes, program-wide <input type="checkbox"/> Not applicable, our program never provides food or drinks for snacks <input type="checkbox"/> Don't know
<p>Does your program encourage families to limit unhealthy choices for snacks that are brought in from home?</p> <p><i>Examples may include sending home a list of recommended snacks or setting program guidelines or policies.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> No <input type="checkbox"/> Yes, program-wide <input type="checkbox"/> Not applicable, families never send in food or drinks for snacks <input type="checkbox"/> Don't know
<p>Does your program limit unhealthy choices for celebrations?</p>	<ul style="list-style-type: none"> <input type="checkbox"/> No <input type="checkbox"/> Yes, program-wide <input type="checkbox"/> Not applicable, our program never has food or drinks for celebrations <input type="checkbox"/> Don't know
<p>Does your program encourage families to limit unhealthy choices that are brought in from home for celebrations?</p> <p><i>Examples may include sending home a celebration sign-up sheet with only healthy options or setting program guidelines or policies.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> No <input type="checkbox"/> Yes, program-wide <input type="checkbox"/> Not applicable, families never send in any food or drinks for celebrations <input type="checkbox"/> Don't know

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

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

2. Limit or eliminate sugary drinks; provide water.

Questions for Strategy 2

<p>Does your program limit 100% juice to one 4–6 ounce serving or less per day?</p>	<ul style="list-style-type: none"> <input type="checkbox"/> No <input type="checkbox"/> Yes, program-wide <input type="checkbox"/> Not applicable, our program never serves juice <input type="checkbox"/> Don't know
<p>Does your program limit sugary drinks?</p>	<ul style="list-style-type: none"> <input type="checkbox"/> No <input type="checkbox"/> Yes, program-wide <input type="checkbox"/> Not applicable, our program never serves sugary drinks <input type="checkbox"/> Don't know
<p>Does your program promote drinking water during the day?</p> <p><i>Examples may include holding designated water breaks or ensuring water is visible and available for self-serve.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> No <input type="checkbox"/> Yes, program-wide <input type="checkbox"/> Don't know

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

Is there anything else your program 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

Does your program prohibit the use of food as a reward?

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

Does your program use physical activity as a reward?

Examples may include extra outdoor playtime or using physical activity to celebrate a special event.

- No
- Yes, program-wide
- Not applicable, we don't use rewards
- Don't know

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

Is there anything else your program 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

<p>Does your program provide opportunities for physical activity every day?</p> <p><i>Examples may include integrating movement into curriculum, outdoor playtime, or active games.</i></p>	<p><input type="checkbox"/> No</p> <p><input type="checkbox"/> Yes, program-wide</p> <p><input type="checkbox"/> Don't know</p>
<p>Does your program provide tummy time for infants every day?</p>	<p><input type="checkbox"/> No</p> <p><input type="checkbox"/> Yes, program-wide</p> <p><input type="checkbox"/> Not applicable, our program does not have infants in our care</p> <p><input type="checkbox"/> Don't know</p>
<p>Does your program take away physical activity as a punishment?</p> <p><i>For example, taking away outdoor playtime for bad behavior.</i></p>	<p><input type="checkbox"/> No, our program does not take away physical activity as a punishment</p> <p><input type="checkbox"/> Yes, our program takes away physical activity as a punishment</p> <p><input type="checkbox"/> Don't know</p>

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

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

Recommendations:

Toddlers should be allowed 60-90 minutes per eight-hour day for moderate to vigorous physical activity.
 Preschoolers should be allowed 90-120 minutes per eight-hour day for moderate to vigorous physical activity.

Source: *Caring for Our Children: National Health and Safety Performance Standards: Guidelines for Early Care and Education Programs*. American Academy of Pediatrics, 2011.

5. Limit recreational screen time.

Questions for Strategy 5

<p>Does your program prohibit all screen time for children under the age of 2?</p>	<ul style="list-style-type: none"> <input type="checkbox"/> No <input type="checkbox"/> Yes, program-wide <input type="checkbox"/> Not applicable, our program does not have screens <input type="checkbox"/> Not applicable, our program does not have children under the age of 2 in our care <input type="checkbox"/> Don't know
<p>Does your program limit recreational screen time to 2 hours or less each week for children age 2 years and older?</p>	<ul style="list-style-type: none"> <input type="checkbox"/> No <input type="checkbox"/> Yes, program-wide <input type="checkbox"/> Not applicable, our program does not have any screens <input type="checkbox"/> Not applicable, our program does not have children age 2 years and older in our care <input type="checkbox"/> Don't know

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

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

Recommendations for screen time for children age 2 years and older:

Limit recreational and educational screen time to 30 minutes or less each week for full-day programs or 15 minutes or less each week for half-day programs.

Source: *Caring for Our Children: National Health and Safety Performance Standards: Guidelines for Early Care and Education Programs*. American Academy of Pediatrics, 2011.

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

Questions for Strategy 6

Does 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:

- Cooking Matters for Child Care Professionals
- Farm to Pre-school
- Let's Move Child Care
- National Nutrition Month
- National Screen-Free Week
- WinterKids
- No, our program does not participate in any initiatives
- Don't know
- Other (specify):

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

Is there anything else your program 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 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
- Healthy Maine Partnership staff
- 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 is already doing to support this strategy.

Is there anything else your program 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 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, program-wide
- Don't know

Does your program support breastfeeding families?

Examples may include providing sufficient refrigerator and freezer space for breast milk, offering a private area for mothers to breastfeed that has a chair and an outlet, and providing staff training on safe storage and handling of breast milk.

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

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

Is there anything else your program 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

<p>Does your program have a staff wellness program?</p>	<p><input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> Not applicable, I am the only staff member <input type="checkbox"/> Don't know</p>
<p>Does your program provide opportunities for staff to learn about healthy eating and active living?</p> <p><i>Examples may include providing staff training or educational handouts.</i></p>	<p><input type="checkbox"/> No <input type="checkbox"/> Yes, program-wide <input type="checkbox"/> Not applicable, I am the only staff member <input type="checkbox"/> Don't know</p>
<p>Does your program staff role model healthy eating and active living behaviors for the children?</p> <p><i>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.</i></p>	<p><input type="checkbox"/> No <input type="checkbox"/> Yes, program-wide <input type="checkbox"/> Don't know</p>

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

Is there anything else your program 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 follow either the Child and Adult Care Food Program (CACFP) meal and snack patterns, or the MyPlate model, or the Harvard School of Public Health Healthy Eating Plate, to offer healthy food and beverage options?

- No
- Yes, program-wide
- Not applicable, our program does not serve food
- Don't know

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

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

EXAMPLE 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. Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.
2. Prohibit the use of food as a reward.
3. Limit unhealthy choices for snacks and celebrations; provide healthy choices.

Write one goal for each strategy that you selected above.

Goal 1. Provide families with education on nutrition and physical activity two or more times per year.

Goal 2. Prohibit all staff from using food to encourage good behavior by the end of the summer.

Goal 3. Encourage families to limit unhealthy choices sent in for celebrations.

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	Add a 5-2-1-0 section to the monthly newsletter that highlights healthy activities children have been doing as part of the program day.	Kim (Teacher)	August 1
1b	Go through the toolkit and choose the handouts that we want to send home (one for each month).	Sally (Director)	July 15
1c	Assign a handout to each month; include a link to/copy of the handout of the month with the newsletter.	Kim	August 1
	What are the tasks for Goal 2?	Who will complete task?	By when?
2a	Coordinate meeting with all staff to discuss barriers and strategies for prohibiting the use of food as a reward.	Sally	August 1
2b	Create a list of alternative ways to encourage good behavior and distribute to all staff.	Kim & Sally	September 2
2c	Implement a policy that prohibits the use of food as a reward; communicate to all staff and families.	Sally	September 15
2d	Discuss any challenges at the monthly staff meeting, brainstorm solutions.	Sally & Staff	October 1, Ongoing
	What are the tasks for Goal 3?	Who will complete task?	By when?
3a	Send home the "Healthy Food for Celebrations" letter from the toolkit to families.	Kim	September 1
3b	Use the "Healthy Party Sign-Up Sheet" from the toolkit for all celebrations where food is to be served.	All Staff	September 1, 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!

Notes

- 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.

