



Greetings Parents and Caregivers,

We are committed to fostering a healthy environment for our learning community. We partner with Let's Go!, a community engagement program that helps us create and sustain an environment where the healthy choice is the easy choice.

All children and youth deserve the opportunity to be healthy and successful. Research shows that healthy eating and physical activity can improve concentration, memory, mood, and can help children and youth become better learners.

We promote the 5-2-1-0 messages and use Let's Go! strategies to increase opportunities for physical activity, promote drinking water, and make healthy foods more accessible and appealing. We encourage student and parent/caregiver involvement; please reach out anytime to support this work.

The 5-2-1-0 messages are promoted in early care and education programs, out-of-school programs, schools, and healthcare practices throughout our community.

- 5** or more **FRUITS & VEGETABLES**
- 2** hours or less of **RECREATIONAL SCREEN TIME**
- 1** hour or more of **PHYSICAL ACTIVITY**
- 0** sugary drinks, **MORE WATER**

For more information on how Let's Go! can support healthy habits at home, visit LetsGo.org/families.

Thank you for supporting our commitment to creating a healthy environment!

