

HEALTHY EATING AND PHYSICAL ACTIVITY AT FOR KIDS ONLY

Message to Families

For Kids Only Preschool believes that all children deserve the opportunity to be healthy and successful. Healthy eating and physical activity are crucial for proper development and improve concentration, memory, and mood; helping children become better learners. This helps us make our program a healthier place.

The 5-2-1-0 Every Day Message



To further support healthy children, staff, & families, our program follows the Let's Go! five healthy strategies below:

- We limit unhealthy choices for snacks & celebrations and promote healthy choices.
- We limit or eliminate sugary drinks and provide water instead.
- We do not reward children with food.
- We provide opportunities for children to get physical activity every day.
- We limit recreational screen time.

These strategies and the 5-2-1-0 message are promoted at other Let's Go! child care programs, schools, out-of-school programs, and health care practices in our community and throughout Maine. Together, we can help ensure a healthy environment for children throughout the day.

If you have any questions please don't hesitate to contact us. If you would like further information, please visit [www.https://www.mainehealth.org/lets-go](https://www.mainehealth.org/lets-go).

- 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.

THANK YOU FOR YOUR SUPPORT IN HELPING US CREATE A HEALTHIER PLACE FOR OUR CHILDREN TO GROW.

I HAVE READ AND UNDERSTAND THE LET'S GO! 5-2-1-0 PROGRAM

SIGNATURE

DATE