

# Is Your Snack Shack “Redy” for 5210?

Let’s Go! is about giving everyone the chance to enjoy an active, healthy lifestyle.



## Every Day!

- 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.

## Do you want to adopt the 5210 message? If “yes” then choose your “Redy”ness level:



- Support 5210 messages (hang posters in the snack shacks, provide brochures and educational handouts to parents/guardians).
- Encourage water instead of sports drinks by prominently displaying water.
- Only sell single portion size candy and snacks.
- Have healthy food options—like fruit and granola bars.



All of the above AND

- Remove fried foods from the snack shack.
- Sell whole wheat pizza.
- Sell 100 calorie snack packs.
- Sell baked chips instead of fried.



All of the above AND

- Partner with local deli or sandwich shop to have healthy sandwiches available in the snack shack.
- Develop and implement policies that reinforce the above strategies.  
*Examples of policies are the following:*

1. Ensure water is prominently displayed.
2. No fried food is sold in the snack shack.

To learn more about 5210 and team sports, please contact Dr. Rogers at 662-3734 or [rogerv@mmc.org](mailto:rogerv@mmc.org)



[www.letsgo.org](http://www.letsgo.org)