

# Prepping Your After School Program To Be 5210 Ready

- Hang Let's Go! posters throughout the facility.
- Dedicate one or more bulletin boards to promoting the Let's Go! program and wellness events or activities.
- Make daily or weekly announcements about the program.
- Create a section of your program newsletter dedicated to Let's Go!.
- Decorate the facility walls with age-appropriate educational posters promoting physical activity and healthy eating.
- Provide healthy snacks and beverages when serving food.
- Allow physical activity (inside or out) to be used as a reward.
- Encourage all program staff to role model 5210 behaviors.
- Provide trainings for staff to fully educate them on the Let's Go! program.
- Embed the 5210 message into lesson plans and the curriculum, especially in health and physical education themed lessons.
- Send parent handouts home to reinforce what children are learning in the program.
- Urge parents and caregivers to support the goals of the program by limiting the distribution of unhealthy high-fat, high-sugar foods and beverages. Ask us how and refer to your “Provide Healthy Choices” document.
- Develop collaborations with local community organizations, including school nutrition programs, doctors’ offices, and Healthy Maine Partnerships. These collaborations can help your program promote the messaging outside of the program day and sometimes even provide funding opportunities.
- Trigger program-wide excitement about the program by planning a kickoff, during the program hours, or at a special parent’s night, with activities based on nutrition and physical activity.