

Letter to Parents Announcing a New Partnership

Date:

Dear Parents:

We are pleased to announce that _____ has teamed up with 5210 Goes After School, a program that is part of a larger project called Let's Go!. Let's Go! is a nationally recognized childhood obesity prevention program designed to increase healthy eating and active living in children from birth to 18. Let's Go! works in 6 sectors (schools, early childhood, after school, healthcare, workplace and community) to reach children and families where they live, study, work, and play. Let's Go! is centered on the common message of "5210".

- 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.

Eating right and being physically active can be a challenge in today's busy world. 5210 Goes After School is here to help! As a part of 5210 Goes After School, our program will be working hard to incorporate the 5210 messages into our daily activities. As part of our work, you may also receive parent-g geared information, which will highlight the messages the your child is learning in this program. Visit www.letsgo.org for more information about 5210 Goes After School. Please contact

_____ at _____ - _____ or email the after school program staff at info@letsgo.org.

Sincerely,

Please Note: A modifiable version of this letter can be found in the online toolkit on our website.