

Greetings!

Thank you for taking the time to review the 5210 Goes to School Toolkit. 5210 Goes to School is a program of Let's Go! at The Kids CO-OP at The Barbara Bush Children's Hospital at Maine Medical Center. We work with community partners as well as individual schools across the state, to promote healthy eating and physical activity in the school environment.

The program is based on the following easy-to-remember message:

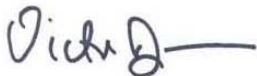
5 or more fruits & vegetables
2 hours or less recreational screen time*
1 hour or more of physical activity
0 sugary drinks, more water & low fat milk

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

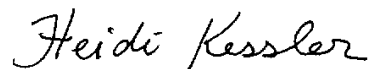
This toolkit is made up of 5 binders, each of which contains strategies to help you incorporate 5210 into the school day. Each element of the toolkit was developed to represent the unique interests of schools. The first binder is for the 'champion' and team members in the school who are spearheading the program. The next 4 binders are each dedicated to one number in the 5210 message.

Our hope is that 5210 Goes to School will help support schools in raising and educating a healthier generation of children. Please direct any feedback, questions, or comments you may have to Let's Go! at The Kids CO-OP at The Barbara Bush Children's Hospital at Maine Medical Center at (207) 662-3734 or email us at info@letsgo.org.

Sincerely



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