



Let's Go! Action Plan - Child Care

Let's Go! is a nationally recognized program that promotes evidence-based strategies to increase healthy eating and active living among children through the age of 18.

- 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.



Notes

Let's Go! Action Plan - Child Care

Healthy Eating Active Living Strategies

This packet is designed to help you develop a successful *Let's Go!* Action Plan for the program year. The plan will help you understand what your program is already doing in support of these strategies and where you want to focus your efforts this year.

Directions:

1. Review the 10 Strategies for Success
2. Complete the Getting Started Checklist
3. Assess your current environment by answering the *Let's Go!* Strategy Questions
4. Create your Action Plan

Table of Contents

10 Strategies for Success.....pg	5
Getting Started Checklist.....pg	7
Strategy Questions.....pg	8
Example Action Plan.....pg	18
<i>Let's Go!</i> Action Plan.....pg	19

Child Care Program Name: _____

Date Completed: _____

Completed by: _____

For assistance with your *Let's Go!* Action Plan, visit www.letsgo.org and click on "In Your Community" to find your "Local Partner" or call the *Let's Go!* Home Office at 207-662-3734.

Notes

10 Strategies for Success

The 10 Strategies for Success are evidence-based and align with national recommendations to increase healthy eating and active living. *Let's Go!* recommends creating and implementing strong policies around these strategies. Please refer to the *Let's Go!* toolkits for ideas on how to implement each strategy.

 *The Redy mascot refers to a Let's Go! priority strategy.*

-  1. **Limit unhealthy choices for snacks and celebrations; provide healthy choices.**
-  2. **Limit or eliminate sugary drinks; provide water.**
-  3. **Prohibit the use of food as a reward.**
-  4. **Provide opportunities to get physical activity every day.**
-  5. **Limit recreational screen time.**
6. **Participate in local, state and national initiatives that support healthy eating and active living.**
7. **Engage community partners to help support healthy eating and active living.**
8. **Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.**
9. **Implement a staff wellness program that includes healthy eating and active living.**
10. **Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.**

Definitions:

Unhealthy choices include foods and drinks high in sugar and/or salt such as soda, candy, cookies, cake and chips.

Healthy choices include water, fruits and vegetables, whole grain foods, protein sources such as eggs, beans, dairy, fish and poultry and healthy fats such as nuts, seeds and avocados.

Sugary drinks include juices (including 100% fruit juice) and sugar-sweetened drinks such as Sunny Delight, soda, sports drinks such as Gatorade, energy drinks such as Red Bull, lemonade and sweetened coffee or tea drinks such as Snapple.

Physical activity is any movement that increases heart rate and breathing; for example, running, climbing, jumping, dancing, etc.

Screens include TVs, computers, video games, tablets and smart phones.

Recreational screen time is screen time used for non-educational purposes.

Celebrations honor a special day or event.

A food reward is a food used to encourage good behavior.

Notes

5-2-1-0 Goes to Child Care: Getting Started Checklist

Hip hip hooray! We are so excited to have you join the team of hundreds of sites that are participating in *Let's Go!* and helping children be healthy!

Review the list and check off any of the steps you have completed. You can then work on the other steps and check them off as you go.

- We have a 5-2-1-0 toolkit and all staff know where to find it.
- We have a team of at least a few people who are helping to bring 5-2-1-0 to life in our program and who meet a couple of times a year (*applies to large centers and Head Start programs*).
- We are familiar with the 10 Strategies for Success.
- We have 5-2-1-0 posters up in key locations such as the building entrance, in hallways, on bulletin boards and in care rooms.
- We have made our child care community (*where applicable: program director, teachers, support staff, program cooks, administrators and parents, etc.*) aware of our participation in 5-2-1-0 Goes to Child Care and they know what 5-2-1-0 means.
- We send home 5-2-1-0 parent handouts.
- We encourage all staff to role model 5-2-1-0.
- We integrate 5-2-1-0 in our healthy eating and physical activity program activities and projects.
- We complete the *Let's Go!* survey each year to capture our progress.
- We celebrate our successes—even the small ones!

I. Limit unhealthy choices for snacks and celebrations; provide healthy choices.

Let's Go! Strategy Questions

<p>Does your program limit unhealthy choices for snacks to less than once a week or never?</p>	<ul style="list-style-type: none"> <input type="checkbox"/> No <input type="checkbox"/> Yes, program-wide <input type="checkbox"/> Yes, program-wide before this year and we continued this year <input type="checkbox"/> Not applicable, our program never provides food or drinks for snacks <input type="checkbox"/> Don't know
<p>Does your program encourage families to limit unhealthy choices for snacks that are brought in from home? <i>Examples may include sending home a list of recommended snacks or setting program guidelines or policies.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> No <input type="checkbox"/> Yes, program-wide <input type="checkbox"/> Yes, program-wide before this year and we continued this year <input type="checkbox"/> Not applicable, families never send in food or drinks for snacks <input type="checkbox"/> Don't know
<p>Does your program limit unhealthy choices for celebrations?</p>	<ul style="list-style-type: none"> <input type="checkbox"/> No <input type="checkbox"/> Yes, program-wide <input type="checkbox"/> Yes, program-wide before this year and we continued this year <input type="checkbox"/> Not applicable, our program never has food or drinks for celebrations <input type="checkbox"/> Don't know
<p>Does your program encourage families to limit unhealthy choices that are brought in from home for celebrations? <i>Examples may include sending home a celebration sign-up sheet with only healthy options or setting program guidelines or policies.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> No <input type="checkbox"/> Yes, program-wide <input type="checkbox"/> Yes, program-wide before this year and we continued this year <input type="checkbox"/> Not applicable, families never send in any food or drinks for celebrations <input type="checkbox"/> Don't know

Describe what your program is already doing in support of this strategy.

Is there anything else your program would like to do for this strategy this year? If so, please describe.

2. Limit or eliminate sugary drinks; provide water.

Let's Go! Strategy Questions

<p>Does your program limit 100% juice to one 4–6 ounce serving or less per day?</p>	<ul style="list-style-type: none"> <input type="checkbox"/> No <input type="checkbox"/> Yes, program-wide <input type="checkbox"/> Yes, program-wide before this year and we continued this year <input type="checkbox"/> Not applicable, our program never serves juice <input type="checkbox"/> Don't know
<p>Does your program limit sugary drinks?</p>	<ul style="list-style-type: none"> <input type="checkbox"/> No <input type="checkbox"/> Yes, program-wide <input type="checkbox"/> Yes, program-wide before this year and we continued this year <input type="checkbox"/> Not applicable, our program never serves sugary drinks <input type="checkbox"/> Don't know
<p>Does your program promote drinking water during the day?</p> <p><i>Examples may include holding designated water breaks or ensuring water is visible and available for self-serve.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> No <input type="checkbox"/> Yes, program-wide <input type="checkbox"/> Yes, program-wide before this year and we continued this year <input type="checkbox"/> Don't know

Describe what your program is already doing in support of this strategy.

Is there anything else your program would like to do for this strategy this year? If so, please describe.

3. Prohibit the use of food as a reward.

Let's Go! Strategy Questions

Does your program prohibit the use of food as a reward?

- No
- Yes, program-wide
- Yes, program-wide before this year and we continued this year
- Don't know

Does your program use physical activity as a reward?

Examples may include extra outdoor playtime or using physical activity to celebrate a special event.

- No
- Yes, program-wide
- Yes, program-wide before this year and we continued this year
- Don't know

Describe what your program is already doing in support of this strategy.

Is there anything else your program would like to do for this strategy this year? If so, please describe.

4. Provide opportunities to get physical activity every day.

Let's Go! Strategy Questions

<p>Does your program provide opportunities for physical activity every day?</p> <p><i>Examples may include integrating movement into curriculum, outdoor playtime or active games.</i></p>	<p><input type="checkbox"/> No</p> <p><input type="checkbox"/> Yes, program-wide</p> <p><input type="checkbox"/> Yes, program-wide before this year and we continued this year</p> <p><input type="checkbox"/> Don't know</p>
<p>Does your program provide tummy time for infants every day?</p>	<p><input type="checkbox"/> No</p> <p><input type="checkbox"/> Yes, program-wide</p> <p><input type="checkbox"/> Yes, program-wide before this year and we continued this year</p> <p><input type="checkbox"/> Not applicable, our program does not have infants in our care</p> <p><input type="checkbox"/> Don't know</p>
<p>Does your program take away physical activity as a punishment?</p> <p><i>For example, taking away outdoor playtime for bad behavior.</i></p>	<p><input type="checkbox"/> No</p> <p><input type="checkbox"/> Yes, program-wide</p> <p><input type="checkbox"/> Yes, program-wide before this year and we continued this year</p> <p><input type="checkbox"/> Don't know</p>

Describe what your program is already doing in support of this strategy.

Is there anything else your program would like to do for this strategy this year? If so, please describe.

Recommendations:

Toddlers should be allowed 60-90 minutes per eight-hour day for moderate to vigorous physical activity.
 Preschoolers should be allowed 90-120 minutes per eight-hour day for moderate to vigorous physical activity.
Caring for Our Children: National Health and Safety Performance Standards, 3rd Edition

5. Limit recreational screen time.

Let's Go! Strategy Questions

Does your program prohibit all screen time for children **under the age of 2?**

- No
- Yes, program-wide
- Yes, program-wide before this year and we continued this year
- Not applicable, our program does not have screens
- Not applicable, our program does not have children under the age of 2 in our care
- Don't know

Does your program limit recreational screen time to 2 hours or less each week for children **age 2 years and older?**

- No
- Yes, program-wide
- Yes, program-wide before this year and we continued this year
- Not applicable, our program does not have any screens
- Not applicable, our program does not have children age 2 years and older in our care
- Don't know

Describe what your program is already doing to support this strategy.

Is there anything else your program would like to do for this strategy this year? If so, please describe.

Recommendations for screen time for children age 2 years and older:

Limit recreational and educational screen time to 30 minutes or less each week for full-day programs or 15 minutes or less each week for half-day programs.

Caring for Our Children: National Health and Safety Performance Standards, 3rd Edition

6. Participate in local, state and national initiatives that support healthy eating and active living.

Let's Go! Strategy Questions

Does your program participate in any local, state or national initiatives, other than *Let's Go!*, that support healthy eating and active living?

Check all that apply:

- Cooking Matters for Child Care Professionals
- Farm to Pre-school
- Let's Move Child Care
- National Nutrition Month
- National Screen-Free Week
- WinterKids
- No, our program does not participate in any initiatives
- Don't know
- Other (specify):

Describe what your program is already doing to support this strategy.

Is there anything else your program would like to do for this strategy this year? If so, please describe.

7. Engage community partners to help support healthy eating and active living.

Let's Go! Strategy Questions

Does your program engage community partners, other than your *Let's Go!* Coordinator, to help support healthy eating and active living at your program?

Check all that apply:

- College student volunteers
- Cooperative Extension
- Farmers
- Healthy Maine Partnership staff
- Librarians
- Local businesses
- SNAP-Ed nutrition educators
- No, our school does not work with any community partners
- Don't know
- Other (specify):

Describe what your program is already doing to support this strategy.

Is there anything else your program would like to do for this strategy this year? If so, please describe.

8. Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.

Let's Go! Strategy Questions

Does your program provide families with educational material on healthy eating and active living?

Examples may include brochures, tip sheets or in-person educational sessions.

- No
- Yes, program-wide
- Yes, program-wide before this year and we continued this year
- Don't know

Does your program support breastfeeding families?

Examples may include providing sufficient refrigerator and freezer space for breast milk, offering a private area for mothers to breastfeed that has a chair and an outlet, and providing staff training on safe storage and handling of breast milk.

- No
- Yes, program-wide
- Yes, program-wide before this year and we continued this year
- Don't know

Describe what your program is already doing to support this strategy.

Is there anything else your program would like to do for this strategy this year? If so, please describe.

9. Implement a staff wellness program that includes healthy eating and active living.

Let's Go! Strategy Questions

<p>Does your program have a staff wellness program?</p>	<p><input type="checkbox"/> No <input type="checkbox"/> Yes <input type="checkbox"/> Yes, before this year and we continued this year <input type="checkbox"/> Don't know</p>
<p>Does your program provide opportunities for staff to learn about healthy eating and active living?</p> <p><i>Examples may include providing staff training or educational handouts.</i></p>	<p><input type="checkbox"/> No <input type="checkbox"/> Yes, program-wide <input type="checkbox"/> Yes, program-wide before this year and we continued this year <input type="checkbox"/> Don't know</p>
<p>Does your program staff role model healthy eating and active living behaviors for the children?</p> <p><i>Examples may include staff participating in active time, eating and drinking only healthy foods in front of children, practicing healthy staff celebrations and meetings or using breaks to get physical activity.</i></p>	<p><input type="checkbox"/> No <input type="checkbox"/> Yes, program-wide <input type="checkbox"/> Yes, program-wide before this year and we continued this year <input type="checkbox"/> Don't know</p>

Describe what your program is already doing to support this strategy.

Is there anything else your program would like to do for this strategy this year? If so, please describe.

10. Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.

Let's Go! Strategy Questions

Does your program follow either the Child and Adult Care Food Program (CACFP) meal and snack patterns, or the MyPlate model, or the Harvard School of Public Health Healthy Eating Plate, to offer healthy food and beverage options?

- No
- Yes, program-wide
- Yes, program-wide before this year and we continued this year
- Not applicable, our program does not serve food
- Don't know

Describe what your program is already doing to support this strategy.

Is there anything else your program would like to do for this strategy this year? If so, please describe.

EXAMPLE Action Plan

Look back through the 10 strategies and choose 1 to 3 strategies that you would like to focus on this year. List them here:

1. Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.
2. Prohibit the use of food as a reward.
3. Limit unhealthy choices for snacks and celebrations; provide healthy choices.

Write one goal for each strategy that you selected above.

Goal 1. Provide families with education on nutrition and physical activity two or more times per year.

Goal 2. Prohibit all staff from using food to encourage good behavior by the end of the summer.

Goal 3. Our program will encourage families to limit unhealthy celebrations.

What steps do you need to take to achieve your goals? List the tasks below:

	What are the tasks for Goal 1?	Who will complete task?	By when?
1a	Go through 5-2-1-0 Goes to Child Care Toolkit and choose the handouts that we want to send home.	Sally (Director)	July 7, 2014
1b	Send the handouts home once a month.	Kim (Teacher)	August 1, 2014
1c	Add a 5-2-1-0 section to the monthly newsletter that highlights healthy activities children have been doing as part of the program day. Include a link to a different Toolkit handout each month.	Kim	July 13, 2014
	What are the tasks for Goal 2?	Who will complete task?	By when?
2a	Coordinate meeting with all staff to discuss barriers and strategies for prohibiting the use of food as a reward.	Sally	August 1, 2014
2b	Create a list of alternative ways to encourage good behavior.	Kim	September 2, 2014
2c	Distribute a list to staff and implement a policy that prohibits the use of food as a reward.	Sally	September 15, 2014
2d	Discuss any challenges at the monthly staff meeting, brainstorm solutions.	Sally & Staff	October 1, 2014 Ongoing
	What are the tasks for Goal 3?	Who will complete task?	By when?
3a	Develop a letter to send home to families that provides suggestions for healthy celebration options.	Sally	January 1, 2015
3b	Send the letter home.	Kim	February 1, 2015
3c			

Remember to let people know about your efforts and to promote 5-2-1-0 throughout the community.

Refer to your Let's Go! Action Plan regularly to make it happen.

Your Let's Go! partners are here to help you. Let's keep in touch!

Let's Go! Action Plan

Look back through the 10 strategies and choose 1 to 3 strategies that you would like to focus on this year. List them here:

1. _____
2. _____
3. _____

Write one goal for each strategy that you selected above.

Goal 1. _____

Goal 2. _____

Goal 3. _____

What steps do you need to take to achieve your goals? List the tasks below:

	What are the tasks for Goal 1?	Who will complete task?	By when?
1a			
1b			
1c			
1d			
	What are the tasks for Goal 2?	Who will complete task?	By when?
2a			
2b			
2c			
2d			
	What are the tasks for Goal 3?	Who will complete task?	By when?
3a			
3b			
3c			
3d			

Remember to let people know about your efforts and to promote 5-2-1-0 throughout the community.

Refer to your *Let's Go!* Action plan regularly to make it happen.
Your *Let's Go!* partners are here to help you. Let's keep in touch!

- 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.

