

Coordinated School Health Programs Newsletter

Promoting
5-2-1-0
Schools in our
schools

So, what is
5-2-1-0



Our Vision:

The RSU #2 CSHP will be a vehicle for sharing consistent information, coordinating activities, and influencing policy about wellness to all students, staff and community members.

Upcoming Meeting Dates:

**-March 14 @ 3:15
Dresden**

**-May 9 @ 3:15
Monmouth**

"5-2-1-0 is a public education campaign to bring awareness to the daily guidelines for nutrition and physical activity. Its message is simple and clear and represents some of the most important steps families can take to prevent childhood obesity:

- 5** Fruits and vegetables...more matters! Eat fruits and vegetables at least 5 times a day. Limit 100% fruit juice.
- 2** Cut screen time to 2 hours or less a day.
- 1** Participate in at least one hour of moderate to vigorous physical activity every day.
- 0** Restrict soda and sugar-sweetened sports and fruit drinks. Instead, drink water and 3-4 servings/day of fat-free/skim or 1% milk.

Boost your energy and brain power!

Why eat breakfast every day?

- It will give you the energy you need to start your day. It is "fuel" for the body!
- It can help you do better in school!
- It can help you feel and act your best!
- It can help with weight control and keep you healthy!

Overview of 5-2-1-0- Let's go

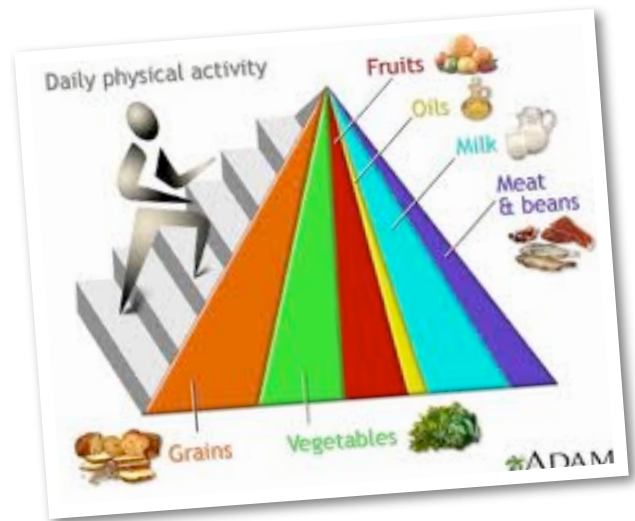
Through use of the Let's Go! 5-2-1-0 Goes to School framework, schools, teachers, nutrition programs, and parents can create a healthier school environment. Listed below are 10 key strategies that can be used individually or collectively in schools to address the policies, practices, and environments that influence healthy lifestyle behaviors.

10 Strategies for Success:

1. Encourage healthy choices for snacks and celebrations.
2. Participate in local, state, or national initiatives that promote physical activity and healthy eating.
3. Include community organizations in wellness promotion.
4. Involve and educate families in initiatives that promote physical activity and healthy eating.
5. Encourage water and low fat milk instead of sugar-sweetened drinks.
6. Discourage the use of food as a reward; use physical activity as a reward.
7. Incorporate physical activity into the school day.
8. Develop a 5-2-1-0 friendly staff wellness program.
9. Collaborate with School Nutrition Program.
10. Implement or strengthen a wellness policy that supports the 5-2-1-0 strategies.

Schools participate on a voluntary basis. Let's Go! 5-2-1-0 Goes to School staff works individually with schools to help them choose strategies that

directly relate to the schools needs. In the first year, we generally recommend that schools choose 1-3 strategies to work on. Let's Go! 5-2-1-0 Goes to School provides the resources to implement the



strategies.

In addition to support from the Founding Partners, Let's Go! also receives significant support for the 5-2-1-0 Goes To School program from Harvard Pilgrim Health Care Foundation as a part of their [Growing up Healthy](#) initiative. This message is also funded in part by the Mattina R. Proctor Foundation and The Barbara Bush Children's Hospital at Maine Medical Center.

Please refer to the [5-2-1-0 Goes to School Flowchart](#) for more details how schools work with 5-2-1-0 Goes to School. For more information about 5-2-1-0 Goes to School, please contact Elizabeth Motyka via phone at (207)662-3235, or by email at motyke@mmc.org.

CONTACT INFO

For questions, comments or interest, please contact either:

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