

GREETINGS!

are **you** ready?



Thank you for taking time to review the **5210 Healthy Washoe Toolkit!**

5210 Healthy Washoe is a community based health improvement initiative that stems from Let's Go! a nationally recognized childhood obesity prevention program designed to increase healthy eating and active living in children from birth to 18. 5210 Healthy Washoe works across six settings (schools, out-of-school, early childhood, health care, workplace, and community) to reach children and families where they live, learn, work, and play. 5-2-1-0 Healthy Washoe at school works to increase healthy eating and physical activity opportunities for kids.

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

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

This toolkit is designed to align with your *5210 Healthy Washoe* work throughout the year. Each tab is designed to line up with the program's 5 Step Path to Success. Within each tab are the handouts, tools, and resources that will guide and support you through each step. Take time to become familiar with the contents of the toolkit and keep it handy! The whole toolkit is also available online for your convenience.

Our hope is that 5210 Healthy Washoe will help support schools in raising and educating a healthier generation of kids. Please direct any feedback, questions, or comments you may have to *5210 Healthy Washoe* at 5210HealthyWashoe@washoeconomy.us.



www.lets-go.org



The Barbara Bush Children's Hospital  At Maine Medical Center