

6 Strategies for Success

These 6 evidence-based strategies connect to the core message of *Let's Go! Gulf Coast* and align with the CDC and the Institute of Medicine's recommendations to support healthy eating and active living. Your work should be focused on these strategies in order to improve environments and policies in child care, school, after school, and workplace settings. *Let's Go! Gulf Coast* is centered on the common message of 5-2-1-0:

- 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 bedroom. No screen time under the age of 2.

Let's Go! Gulf Coast recommends creating and implementing strong policies around these strategies. Please refer to the *Let's Go! Gulf Coast* website for more ideas on how to implement each strategy!



1. Provide healthy choices for snacks and celebrations; limit unhealthy choices; provide non-food rewards.

For example:

- Have non-food celebrations
- Encourage parents to provide only healthy options
- Use physical activity as a reward



2. Limit recreational screen time.

Children should limit recreational screen time to two hours or less a day. Keep TV's and computers out of the bedroom. No screen time for children under the age of 2.

For example:

- Work with parents to reduce screen time at home
- Find active alternatives to indoor recess
- Promote National Screen-Free Week
- Provide activity bags that can encourage screen-free evenings



3. Provide opportunities for children to get physical activity every day.

Children should get one hour or more of physical activity every day.

For example:

- Use physical activity as a reward
- Encourage active play



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4. Provide water and low fat milk; limit or eliminate sugary beverages.

For example:

- Allow easy access to free water via water fountains and/or water jugs
- Allow water bottles
- Create sugar bottle displays
- Put limits on 100% juice

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

For example:

- Distribute *Let's Go! Gulf Coast* parent handouts
- Sponsor family education events
- Introduce *Let's Go! Gulf Coast* at parent/teacher conferences and kindergarden orientation

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

For example:

- Support healthy staff celebrations
- Encourage walking meetings
- Allow for physical activity breaks throughout the day
- Encourage staff to participate in physical activity with the children...no standing on the sidelines!



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