

Healthy Celebrations

Date:

Program:

Dear Parents and Families,

Our program is participating in an exciting initiative called *5-2-1-0 Goes to After School*, a program that is part of a larger project called **Let's Go! Gulf Coast**. **Let's Go! Gulf Coast** is a program sponsored by the MS Gulf Coast Youth Health Coalition and is adapted from Let's Go!, www.letsgo.org, which is a nationally recognized childhood obesity prevention program. To learn more about *Let's Go! Gulf Coast* visit www.letsogulfcoast.org. The program emphasizes the importance of:

- 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.

As a part of our efforts towards health and wellness, our program is addressing the kinds of celebrations we have. Celebrations and events are exciting and important for children and staff. Birthday parties and holiday celebrations provide a unique opportunity to help make healthy eating fun and for children to practice wise food choices.

As a program, we are encouraging **healthy celebration treats**, like:

- **Fruit and Cheese Kabobs** – Put grapes, melons, cheese cubes, and berries onto a wooden kabob stick.
- **Make Your Own Trail Mix** – Provide bags of granola or whole grain dry cereal, dried fruit, and nuts for students to make their own trail mix.
- **Fruit Smoothies** – Show up at snack time with a blender, frozen fruit, and yogurt! (Be sure to make arrangements with the program first!)
- **Yogurt Parfaits** – Layer granola, fruit, and yogurt in plastic cups. Send in on a tray covered with plastic wrap
- **Vegetable or Fruit Platters with Low Fat Dip**

As a program, we are also focusing on non-food ways to celebrate our children. On your child's birthday, we will celebrate them in non-food ways, like having them wear a special hat, sash, or letting them lead age appropriate activities. Please help us promote a healthy environment and healthy kids!

Sincerely,

