

# Letter to Parents Announcing a New Partnership

Date:

Dear Parents:

We are pleased to announce that \_\_\_\_\_ has teamed up with **Let's Go! Gulf Coast** to enhance our health education initiatives and programs. **Let's Go! Gulf Coast** is designed to increase healthy eating and active living in MS Gulf Coast children by working with children and families where they live, study, work, and play. **Let's Go! Gulf Coast** centers their initiatives on the common message of 5-2-1-0, which is supported by the medical community as the backbone to a healthy lifestyle:

- 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.

Eating right and being physically active can be a challenge in today's busy world. **Let's Go! Gulf Coast** is here to help! As a part of our partnership with **Let's Go! Gulf Coast**, our program will be working hard to improve our nutrition and physical activity environment and incorporate the 5-2-1-0 messages into our daily activities. As part of our work, you will probably notice some changes in our facility and may also receive parent-gearred information, which will highlight the messages your child is learning in this program. Don't hesitate to get involved and help us with the changes or ask what areas we are planning on improving.

For more information about **Let's Go! Gulf Coast**, please visit [www.letsogulfcoast.org](http://www.letsogulfcoast.org) or contact the **Let's Go! Gulf Coast** team at 228.369.2912 or [letsogulfcoast@gmail.com](mailto:letsogulfcoast@gmail.com).

Sincerely,

