

## Prepping Your After-School Program to be 5-2-1-0 Ready

- Hang 5-2-1-0 posters throughout the facility.
- Dedicate one or more bulletin boards to promoting the 5-2-1-0 program and wellness events or activities.
- Make daily or weekly announcements about the program.
- Dedicate a section of your program newsletter to 5-2-1-0.
- Decorate the facility walls with age-appropriate educational posters promoting physical activity and healthy eating.
- Provide healthy snacks and beverages when serving food.
- Allow physical activity (inside or out) to be used as a reward.
- Encourage all program staff to role model 5-2-1-0 behaviors.
- Provide trainings for staff to fully educate them on the 5-2-1-0 program.
- Embed the 5-2-1-0 message into lesson plans and the curriculum, especially in health and physical education themed lessons.
- Send parent handouts home to reinforce what children are learning in the program.
- Urge parents and caregivers to support the goals of the program by limiting the distribution of unhealthy high-fat, high-sugar foods and beverages. Ask us how and refer to the "Provide Healthy Choices" documents.
- Trigger program-wide excitement about the program by planning a kick-off, during the program day or at a special family night, with activities based on nutrition and physical activity.

