

# Letter to Parents Announcing a New Partnership

Date:

Dear Parents:

We are pleased to announce that \_\_\_\_\_ has teamed up with 5210, a program that is part of a larger project called Let's Go!, a nationally recognized childhood obesity prevention program designed to increase healthy eating and active living in children from birth to 18. The program works in 6 sectors (schools, early childhood, after school, healthcare, workplace and community) to reach children and families where they live, study, work, and play.

Common message of "5210":

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

Eating right and being physically active can be a challenge in today's busy world. 5210 is here to help! As a part of 5210, our program will be working hard to incorporate the 5210 messages into our daily activities. As part of our work, you may also receive parent-gearred information, which will highlight the messages your child is learning in this program. For more information about 5210, visit [www.multicare.org/marybridge/5210](http://www.multicare.org/marybridge/5210).

Sincerely,

