

# Let's Go! Policy Addendum

is committed to helping raise a healthy generation of children and build and sustain an environment where the healthy choice is the easy choice. Therefore, we have integrated the Let's Go! Strategies into our program.

- Limit unhealthy food; provide healthy choices
- Prohibit the use of food as a reward
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- Provide opportunities for physical activity
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Date adopted:

Approved by:

#### Definitions:

- Unhealthy food: ultra-processed food, food high in calories, sugar and/or salt and low in nutritional content. Includes things like candy, cookies, cake, ice cream, chips, etc.
- Healthy choices: fruits, vegetables, whole grain foods, lean protein, and healthy fats
- Limit: a restriction on the amount served and frequency offered. Includes unhealthy food being the lesser available options compared to healthy choices



**LET'S GO!**