

Let's Go! Policy Review Checklist

Let's Go! can help your program build and sustain an environment where the healthy choice is the easy choice every day through the development of strong policies.

Use this checklist to review your program policy or handbook for the Let's Go! Strategies.

Limit unhealthy food; provide healthy choices.

- Policy states the program limits unhealthy choices OR the program provides only healthy choices for meals and snacks.

Policy language may include phrases like:

- o [Name of program] limits unhealthy foods for meals and snacks.
- o [Name of program] only provides healthy choices for meals and snacks.

Prohibit the use of food as a reward.

- Policy states using food as a reward is not allowed at the site.

Policy language may include phrases like:

- o At [Name of program] we prohibit the use of food as a reward.
- o [Name of program] does not use food as a reward.

Limit recreational screen time.

- Policy states recreational screen time is limited.

Policy language may include phrases like:

- o [Name of program] limits recreational screen time.
- o At [Name of program] we do not have any screen time for children.

Provide opportunities to get physical activity every day.

- Policy states children are given opportunities for physical activity.

Policy language may include phrases like:

- o [Name of program] provides children physical activity opportunities.

Limit or eliminate sugary drinks; provide water.

- Policy states the program limits sugary drinks.

Policy language may include phrases like:

- o [Name of program] limits sugary drinks.
- o [Name of program] provides water and milk as the only beverage options.