

# 10





Let's Go!'s

## STRATEGIES FOR SUCCESS



The 10 Strategies for Success are evidence-based and align with national recommendations to increase healthy eating and active living. Refer to your toolkit for ideas on how to implement each strategy. *5210 Healthy Washoe* recommends creating and implementing strong policies around these strategies.

The  refers to a *5210 Healthy Washoe* priority strategy.

- 1 Limit unhealthy choices for snacks and celebrations; provide healthy choices.
- 2 Limit or eliminate sugary drinks; provide water. 
- 3 Prohibit the use of food as a reward. 
- 4 Provide opportunities to get physical activity every day. 
- 5 Limit recreational screen time. 
- 6 Participate in local, state, and national initiatives that support healthy eating and active living.
- 7 Engage community partners to help support healthy eating and active living.
- 8 Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.
- 9 Implement a staff wellness program that includes healthy eating and active living.
- 10 Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.