

Date:

Dear Families:

We are pleased to announce that we have teamed up with *5-2-1-0 Healthy Choices Count!* This initiative is helping create healthier environments in schools, child care and out-of-school programs, health care practices, workplaces, and communities — the places where children and their families live, learn, work, and play. It is centered around the common message of 5-2-1-0:



As a part of *5-2-1-0 Healthy Choices Count!*, we will be working hard to improve our nutrition and physical activity environment and adding the 5-2-1-0 behaviors into our daily activities. As part of our work, you may hear your child talking about 5-2-1-0. Don’t hesitate to get involved or ask what we are working on.

For more information about *5-2-1-0 Healthy Choices Count!*, visit [www.healthieststateiowa.com/5210,](http://www.healthieststateiowa.com/5210) or contact **name**at **xxx-xxx-xxxx**or **name@email.com**

Sincerely,

**NAME**

**TITLE**