



# Families

## Promotions Worksheet

The 5210 Healthy Children Promotions Worksheet is a tool to help POCs use the items in each toolkit and create promotional materials to run the healthy messaging campaign. Below you will find a list of suggested items to order from a local or online printing company. Be sure to ask for bulk order or any other discounts.

Use this worksheet to get an estimate of promotional items to order. There is a suggested type of unit, or audience, listed for each item and a suggested number of items per unit. Decide how many units are in the community, multiply by # of units, and list under total.				
Families Toolkit Item	Type of Unit	Per Unit	# of Units	Total
Guide for Families	Family	1		
Tips for Families	Family	1		
Definitions & Recommendations	Family	1		
A Meal is Family Affair	Parent/ Guardian	1		
Feeding Infants	Parent/ Guardian	1		
Feeding Toddlers and Preschoolers	Parent/ Guardian	1		
Phrases that Help and Hinder	Parent/ Guardian	1		
Healthy Kids' Snacks	Parent/ Guardian	1		
Enlightening Facts About Juice	Parent/ Guardian	1		
Sports and Energy Drinks	Family	1		
Screen Time & The Very Young	Parent/ Guardian	1		
It Takes Two to Tune In	Family	1		
5210 and Healthy Sleep	Family	1		
Television Tunnel Vision	Parent/Guardian	1		
Healthy Eating in a Hurry and Healthy Shopping on a Budget	Parent/Guardian	1		
<i>Additional promotional item ideas that can help promote 5210 Healthy Children messaging campaign. Look to purchase through local or online printing companies.</i>				
Tote Bags	Family	1		
Pens	Parent/ Guardian	1		
Magnet Calendar	Family	1		
T-Shirts	Family	1		
Water Bottle	Family	1		