



# Middle & High Schools

## Promotions Worksheet

The 5210 Healthy Military Children Promotions Worksheet is a tool to help POCs plan promotional materials to run the healthy messaging campaign. Below you will find a list of suggested items to order from DLA printing services on the installation, or your local printing company. Be sure to ask for bulk order discounts and, if calling a local company, military 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 on the installation, multiply by # of units, and list under total.

Middle & High Schools Toolkit Item	Type of Unit	Per Unit	# of Units	Total
Guide For Middle & High Schools	School	1		
Tips for Middle & High Schools	School	1		
Tips for Middle & High Schools Movie Poster	Classroom	1		
Tips for Middle & High Schools Wall Poster	Hallway	1		
Definitions & Recommendations	School	1		
Partner With and Educate Families	School	1		
5210 Challenge Calendar	Classroom	1		
Healthy Fundraising	Administration	1		
The Role of School Nutrition Programs	School	1		
Quick Physical Activity Breaks	Classroom	1		
Physical Activity Clubs	School	1		
Make-Your-Own Sugar Bottle Display	Classroom	1		
Full Up Here! Poster	Water Fountain	1		
Media Projects	Classroom	1		
Healthy Dates to Celebrate	Classroom	1		
5210 and Healthy Sleep	Classroom	1		
Television Tunnel Vision	Classroom	1		
Healthy Eating in a Hurry and Healthy Shopping on a Budget	Classroom	1		
<i>Additional promotional item ideas that can help promote 5210 Healthy Military Children messaging campaign. Look to purchase through local or online printing companies.</i>				
Pens	Classroom	30		
Magnet Calendar	Classroom	30		
T-Shirts	Classroom	1		
Water Bottle	Classroom	10		