



Youth Centers

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.

Youth Centers Toolkit Item	Type of Unit	Per Unit	# of Units	Total
Guide for Youth Center	Center	1		
Tips for Youth Center	Center	1		
Tips for Youth Center Movie Poster	Classroom	1		
Tips for Youth Center Wall Poster	Center	1		
Definitions & Recommendations	Center	1		
Partner With and Educate Families	Center	1		
Healthy Kids' Snacks	Classroom	1		
Provide Non-Food Rewards	Classroom	1		
Make A 5210 Fortune Teller!	Classroom	1		
Teenage Girls & Physical Activity	Classroom	1		
Fill Up Here! Poster	Water Fountain	1		
Healthy Dates to Celebrate	Classroom	1		
5210 and Healthy Sleep	Classroom	1		
It Takes Two to Tune In	Classroom	1		
Television Tunnel Vision	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>				
Tote Bags	Center	20		
Pens	Center	50		
Magnet Calendar	Classroom	15		
T-Shirts	Center	1		
Water Bottle	Center	20		