

Promote Your Campaign!



Healthy Military Children

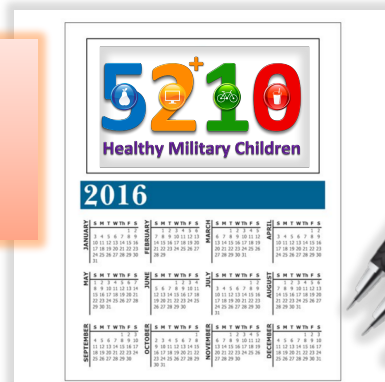
Promotions Worksheet

The 5210 Healthy Military 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 DLA printing services on your installation, or a local or online printing company. Be sure to ask for bulk order and military discounts.



Tote bags are great promotional items encouraging patrons to head to the grocery store and purchase fruits and vegetables. They can also be a great gym bag to hold water, a towel, yoga mat, or a change of clothes!

Pens and calendar magnets with the 5210 HMC logo are not only cheap to purchase in bulk, but can help be a constant reminder to venues and families to stick to our 5210 healthy behaviors!



Hosting a fun run? What about a cooking class? Consider placing the 5210 HMC logo on the back of your shirts so that attendees see the message, and anyone else they come in contact with while wearing the shirt!

Want to encourage patrons to drink water and zero sweetened beverages? Hand out water bottles with the 5210 HMC logo, or include in your fun run gift bag!





Families

Promotions Worksheet

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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.

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		
Most People Don't Need 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 Military 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		

Child Development Center

Promotions Worksheet

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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.

Child Development Center (CDC) Toolkit Item	Type of Unit	Per Unit	# of Units	Total
Guide for Child Development Center	Center	1		
Tips for Child Development Center	Center	1		
Tips for CDC Movie Poster	Center	2		
Tips for CDC Wall Poster	Center	1		
Definitions & Recommendations	Center	1		
Partner With and Educate Families	Center	1		
Phrases that Help and Hinder	Classroom	1		
Feeding Infants	Classroom	1		
Feeding Toddlers and Preschoolers	Classroom	1		
Screen Time & The Very Young	Center	1		
Quick Physical Activity Breaks	Classroom	1		
Healthy Dates to Celebrate	Center	1		
5210 and Healthy Sleep	Classroom	1		
It Takes Two to Tune In	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>				
Tote Bags	Center	30		
Pens	Center	10		
Magnet Calendar	Classroom	20		
T-Shirts	Center	1		



Family Child Care

Promotions Worksheet

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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.

Family Child Care (FCC) Toolkit Item	Type of Unit	Per Unit	# of Units	Total
Guide for Family Child Care	Center	1		
Tips for Family Child Care	Center	1		
Tips for Family Child Care Movie Poster	Center	1		
Definitions & Recommendations	Center	1		
Partner With and Educate Families	Center	1		
Phrases that Help and Hinder	Provider	1		
Feeding Infants	Provider	1		
Feeding Toddlers and Preschoolers	Provider	1		
Screen Time & The Very Young	Provider	1		
Quick Physical Activity Breaks	Provider	1		
Healthy Dates to Celebrate	Center	1		
5210 and Healthy Sleep	Provider	1		
It Takes Two to Tune In	Provider	1		
Healthy Eating in a Hurry and Healthy Shopping on a Budget	Provider	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	1		
Pens	Center	10		
Magnet Calendar	Provider	1		
T-shirts	Provider	1		

Elementary 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 your installation, or a 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.

Elementary Schools Toolkit Item	Type of Unit	Per Unit	# of Units	Total
Guide For Elementary Schools	School	1		
Tips for Elementary Schools	School	1		
Tips for Elementary Schools Movie Poster	Classroom	1		
Tips for Elementary Schools Wall Poster	Hallway	3		
Definitions & Recommendations	School	1		
Partner With and Educate Families	School	1		
5210 School Presentation Guide	School	1		
5210 Song	Classroom	1		
5210 Challenge Calendar	Student	1		
Caught Eating Healthy/ Caught Being Active Stickers	Classroom	3		
Provide Healthy Choices	Classroom	1		
Class Snack Program	Classroom	1		
Provide Non-Food Rewards	Classroom	1		
Healthy Fundraising	Administration	1		
The Role of School Nutrition Programs	School	1		
Out of School Activity Bags	Classroom	1		
Quick Physical Activity Breaks	Classroom	1		
Physical Activity Clubs	School	1		
Make-Your-Own Sugar Bottle Display	Classroom	1		
Thirst Quencher Poster	Water Fountain	1		
Healthy Dates to Celebrate	Classroom	1		
5210 and Healthy Sleep	Student	1		
It Takes Two to Tune In	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	25		
Magnet Calendar	Classroom	25		
T-Shirts	Classroom	1		
Water Bottle	Classroom	10		

Middle & High Schools

Promotions Worksheet

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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		



Youth Centers

Promotions Worksheet

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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		

After-School Programs



Promotions Worksheet

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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.

After-School Programs Toolkit Item	Type of Unit	Per Unit	# of Units	Total
Guide for After-School Programs	Center	1		
Tips for After-School Programs	Center	1		
Tips for After-School Programs Movie Poster	Center	1		
Tips for After-School Programs Wall Poster	Center	1		
Definitions & Recommendations	Center	1		
Partner With and Educate Families	Center	1		
Healthy Kids' Snacks	Program	1		
Provide Non-Food Rewards	Program	1		
Make A 5210 Fortune Teller!	Program	1		
Teenage Girls & Physical Activity	Program	1		
Fill Up Here! Poster	Water Fountain	1		
Healthy Dates to Celebrate	Program	1		
5210 and Healthy Sleep	Center	1		
Television Tunnel Vision	Center	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	15		
Pens	Center	10		
Magnet Calendar	Center	25		
T-Shirts	Center	1		
Water Bottle	Program	10		

Military Dining Facilities



Promotions Worksheet

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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.

Military Dining Facilities Toolkit Item	Type of Unit	Per Unit	# of Units	Total
Guide for Military Dining Facilities	Facility	1		
Tips for Military Dining Facilities	Facility	1		
Tips for Military Dining Facilities Movie Poster	Entrance/Halls	1		
Tips for Military Dining Facilities Wall Poster	Dining Area	2		
Definitions & Recommendations	Display	1		
Smarter Workplace Cafeterias	Cafeteria	3		
Be Choosey in the Dining Hall	Dining Hall	3		
<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 Bag	Patron	1		
Pens	Patron	10		
Magnet Calendar	Patron	1		
T-Shirts	POC/Servers	1		
Water Bottle	Patron	1		

On-Installation Eateries



Promotions Worksheet

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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.

On-Installation Eateries Toolkit Item	Type of Unit	Per Unit	# of Units	Total
Guide for On-Installation Eateries	Eatery	1		
Tips for On-Installation Eateries	Eatery	1		
Tips for On-Installation Eateries Movie Poster	Eatery	1		
Tips for On-Installation Eateries Wall Poster	Advertisement Post	1		
Definitions & Recommendations	Eatery	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	Patron/Server	10		
Magnet Calendar	Patron	1		
T-Shirts	POC/Servers	1		
Water Bottle	Patron	1		



Commissaries

Promotions Worksheet

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Commissaries Toolkit Item	Type of Unit	Per Unit	# of Units	Total
Guide for Commissaries	Commissary	1		
Tips for Commissaries	Commissary	1		
Tips for Commissaries Movie Poster	Departments	1		
Tips for Commissaries Wall Poster	Entrance	2		
Definitions & Recommendations	Display	1		
Healthy Shopping on A Budget	Shopper	1		
Healthy Brown Bag Lunches	Shopper	1		
Understanding Food Labels	Shopper	1		
To Have Fruits and Vegetables Year-Round, Add Frozen or Canned	Shopper	1		
Healthy Kids' Snacks	Shopper	1		
Healthy Eating in a Hurry	Shopper	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 Bag	Shopper	1		
Pens	Cashier	10		
Magnet Calendar	Shopper	1		
T-Shirts	POC/Cashier	1		



Fitness 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.

Fitness Centers Toolkit Item	Type of Unit	Per Unit	# of Units	Total
Guide for Fitness Centers	Center	1		
Tips at Fitness Centers	Center	1		
Tips at Fitness Centers Movie Poster	Snack Bar/ Nutrition Center	1		
Tips at Fitness Centers Wall Poster	Entrance	1		
Definitions & Recommendations	Display	1		
Most People Don't Need Sports and Energy Drinks	Display	1		
Fill Up Here! Poster	Water Fountain	1		
Refresh! Poster	Water Fountain	1		
Thirst Quencher Poster	Water Fountain	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 Bag	Patron	1		
Pens	Front Desk	50		
Magnet Calendar	Display/ Patron	1		
T-Shirts	POC/ Instructors	1		
Water Bottle	Patron	1		

Community Centers

Promotions Worksheet

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Community Centers Toolkit Item	Type of Unit	Per Unit	# of Units	Total
Guide for Community Centers	Center	1		
Tips for Community Centers	Center	1		
Tips for Community Centers Movie Poster	Refreshment Areas	1		
Tips for Community Centers Wall Poster	Entrance	1		
Definitions & Recommendations	Center	1		
Healthy Messaging	Administrator	1		
Fill Up Here! Poster	Water Fountain	1		
Refresh! Poster	Water Fountain	1		
Thirst Quencher Poster	Water Fountain	1		
Television Tunnel Vision	Center	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 Bag	Patron	1		
Pens	Front Desk	50		
Magnet Calendar	Patron	1		
T-Shirts	Administrator	1		
Water Bottle	Center	20		



Workplace

Promotions Worksheet

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Workplace Toolkit Item	Type of Unit	Per Unit	# of Units	Total
Guide for the Workplace	Workplace	1		
Tips for the Workplace	Workplace	1		
Tips for the Workplace Movie Poster	Refreshment Areas	1		
Tips for the Workplace Wall Poster	Entrance	1		
Healthy Food and Beverage Guidelines for Meetings and Occasions	Supervisors	1		
Alternatives to Food Rewards	Supervisors	1		
Instituting Vending Guidelines	Supervisors/ Vending Machine	1		
Smarter Workplace Cafeterias	Cafeteria	1		
Active Meeting Guidelines	Supervisor	1		
Walking Meeting Guidelines	Supervisor	1		
Promote Taking the Stairs	Supervisor	1		
Healthy Messaging	Supervisor/ Administrator	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	Workplace	30		
Pens	Workplace	50		
Magnet Calendar	Cafeteria/ Workplace	30		
T-Shirts	POC/ Supervisor	1		
Water Bottle	Workplace	30		



Healthcare Professionals

Promotions Worksheet

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Healthcare Professionals Toolkit Item	Type of Unit	Per Unit	# of Units	Total
Guide for Healthcare Professionals	Office	1		
Tips for Healthcare Professionals	Office	1		
Tips for Healthcare Professionals Movie Poster	Patient rooms	1		
Tips for Healthcare Professionals Wall Poster	Lobby areas	1		
Definitions & Recommendations	Office	1		
Creating A Healthy Office Environment	Office	1		
Healthy Eating and Healthy Activity Booklists	Doctor	1		
Thirst Quencher Poster	Water Fountain	1		
Guide for Clinical Practice to Begin Using 5210 Healthy Military Children	Doctor	1		
Measuring Weight & Length	Doctor/Nurse	1		
Measuring Height & Weight	Doctor/Nurse	1		
Questionnaire (Ages 2-9)	Doctor	1		
Questionnaire (Ages 10-18)	Doctor	1		
Motivational Interviewing	Doctor/Nurse	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	Family	1		
Pens	Office/ Doctor & Nurse	50		
Magnet Calendar	Patients Room	1		
T-Shirts	POC/ Doctor/ Nurse	1		



Leaders

Promotions Worksheet

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Leaders Toolkit Item	Type of Unit	Per Unit	# of Units	Total
Guide for Leaders	Leader	1		
Tips for Leaders	Leader	1		
Tips for Leaders Movie Poster	Halls	1		
Tips for Leaders Wall Poster	Office	1		
Definitions & Recommendations	Leader	1		
Healthy Messaging	Leader/ Administrator	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 Bag	Leader	1		
Pens	Leader	10		
Magnet Calendar	Leader	1		
T-Shirts	Leader/ Administrator	1		
Water Bottle	Leader/ Administrator	1		