



Let's Move Pittsburgh

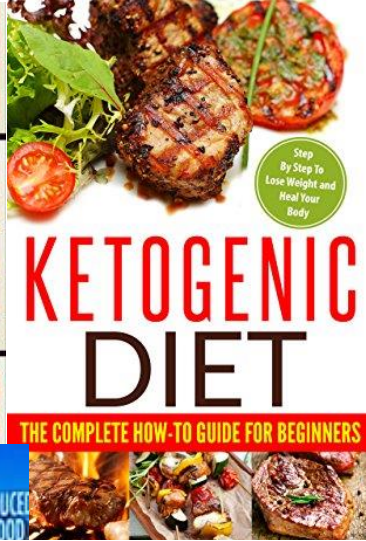


Maris Altieri, LMP Coordinator

What Do We Do?

A collaborative program of Phipps Conservatory and Botanical Gardens, we provide Southwestern Pennsylvania's children and their caregivers with the **knowledge, tools and support** needed to make **nutritious food choices** and lead **active lifestyles**





5-2-1-0 Every Day Campaign



- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

5-2-1-0 Program in Action

Deliver train-the-trainer workshops to **14** different schools, childcare centers, healthcare and community sites in Allegheny County



Champion Schools Program

Provide **40** Allegheny County Schools annually with **\$1,000** mini-grants to fund wellness programs

**Currently Accepting
Applications for 2019
Champion Schools Program**



Botany Hall Cooking Classes

Develop and host **plant-based** cooking classes to children, families, students and professionals in our Botany Hall Kitchen



Thanks!

You can find us at:

Email: letsmove@phipps.conservatory.org

Website: letsmovepittsburgh.org

Facebook: facebook.com/letsmovepittsburgh

