



Fall 10-26-2017

Macfeat Recognized for Students' Healthy Eating Habits, Physical Activity

Winthrop University

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Recommended Citation

Winthrop University, "Macfeat Recognized for Students' Healthy Eating Habits, Physical Activity" (2017).
Winthrop News 2017. 186.
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Quick Facts

- Let's Go!, a nationally recognized program, hopes to increase physical activity and healthy eating for children of all ages, from newborn to 18 years old.
- Macfeat received gold level recognition from Let's Go!



ROCK HILL, SOUTH CAROLINA – The **Macfeat Early Childhood Laboratory School**, housed and operated in Winthrop University's **Richard W. Riley College of Education**, earned another feather in its cap: gold level recognition from the 5-2-1-0, **Let's Go! Childhood Obesity Prevention Program**.

Let's Go!, a nationally recognized program, hopes to increase physical activity and healthy eating for children of all ages, from newborn to 18 years old. Program officials promote the healthy message across all channels—at school, at

home, in communities, etc.—to reinforce the importance of eating healthy and being physically active.

While Let's Go! is based in Maine, program officials invited Macfeat to be a pilot site for the initiative in York County, said **Erin Hamel**, director of the school.

"The program went so well for us, that we submitted an application for gold level recognition," she said.

To achieve gold level recognition, Macfeat teachers and administrators had to show that the school already: limits unhealthy choices for snacks and celebrations while providing healthier options; limits or eliminates sugary drinks in lieu of water; prohibits food as a reward; provides opportunities for physical activity; and limits recreational screen time. In fact, one of Macfeat's program goals already asserts that students will develop intellectually, physically, socially and emotionally in an environment designed to promote cooperation and critical thinking.

In addition, Macfeat adopted the Let's Go! priority strategies into the Macfeat Family Handbook. Because of these factors, and the fact that Hamel is a member of Winthrop's Wellness Council, Macfeat easily earned the recognition.

For more information, visit the Let's Go! program website. For more information on Macfeat, contact Hamel at 803/323-4545 or hamele@winthrop.edu.

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