



Families

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 a local or online 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.

| 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 | | |
| | | | | |
| | | | | |
| | | | | |