



10 Steps for Parents

From birth to high school graduation, your child will eat about 33,000 meals and snacks, probably more than 7000 of them at school.

Do you know if your kids are eating healthy school meals?
The only real way to be sure is to get involved. Show you care.
Show the school that what your kids eat matters.

1. Ask Your Kids if they made their School Lunch a "Power Lunch"—Ask your kids each day what fruit and or vegetables they ate that day.

2. Do Lunch With Your Kids—Eat breakfast or lunch at school with your kids.

3. Discuss Nutrition Principles With Your Kids—Discuss the importance of good nutrition and physical activity. Ask for cooperation. Follow through.

4. Team Up With The Food Service Staff—Visit the school cafeteria. Get to know the staff. Let them know you value their services and appreciate good daily nutrition for your child.

5. Volunteer in School Classrooms—Bring healthy snacks when you volunteer in your children's classrooms.

6. Serve Your Kids Food for Thought—Make sure your kids appreciate how healthy breakfasts and lunches serve their minds as well as their bodies.

7. Know What's for Lunch—Get a weekly menu of school meals. Keep it magnetized to your refrigerator. Discuss all of the healthy choices with your kids.

8. Plant a Seed—Show your kids and their friends where healthy food comes from. Discuss and have on hand at home many fresh fruits and vegetables and include them with each meal.

9. Set Up a Group—Get involved with other parents in supporting Power Lunch programs

10. Listen—If you listen to what your kids are learning at school about good nutrition, you can help them put their knowledge to work at home, too.



Parent Signature _____

