



Healthy Eating and Physical Activity Ideas Getting Parents on Board

How? Begin with simple “sound bite” messages

- ▶ In newsletters
- ▶ As handouts at parent events or health fairs
- ▶ As radio or TV clips

“Sound bites”

Use the following “sound bites” to cut and paste into newsletters, or as inspiration for how you can use information from credible sources to create your own “sound bites”.

Parental Involvement Strengthens *Healthy Happenings!*

Parents can support the healthy efforts going on at school by taking interest and getting involved in classroom activities and PTO groups or serving on the school wellness committee. Ask your school principal or administrator where help is needed and be willing to **Take the Challenge** at your child's school.

Go **POWER** with Breakfast helps you **WIN** more **BRAIN POWER** and **ENERGY!**

To encourage a balanced, healthy breakfast, try the following **Breakfast Smoothie**:

- 1/2 banana, sliced
 - 1/2 cup low-fat milk
 - 1/2 cup low-fat yogurt
- Blend and Enjoy!*

All Foods Can **FIT** with Healthy **BALANCE!**

- Eat **MORE** fruits, vegetables and whole grains. Try a fresh tangerine in a lunch box, pair up baby carrots and low-fat Ranch dip for an after school snack, and choose whole grain crackers with your dinner salad.
- Eat **LESS** of higher fat and sugary foods. Talk about this as a family, set goals such as sharing fast food French fries or sodas.
- Include **ACTIVE PLAY** every day! Stretch several times a day, walk more, and challenge each other to take more steps!



Healthy Meals...Fast!

Family Talk: A good goal for a balanced meal is to plan menu items from as many of the five major food groups as you can. Talk with your family about their favorites in each group. Ensure VARIETY by including many different choices from all of the food groups. Start with breakfast. Choose a fruit or 100% juice, add a dairy selection such as low-fat yogurt, cheese or milk; and include a grain, preferably whole-grain such as hot or cold cereal, toast, tortilla or bagel. For additional variety try out a school breakfast!

A Healthy Family Change!

Parents, think back on the first half of the school year and consider one or more of the healthy eating or activity changes accomplished in your family. How did it make you feel? Wouldn't you like to encourage positive change in others? Submit a healthy family change idea to school, and in turn we will share it with others.

Active Play EVERY Day!

Heart Healthy Family Time: Create a fitness game by writing your own "active play movement cards". Come up with a FUN idea for each card, like the following:

1. Dance the "twist" for 1 minute.
2. Toss a soft foam ball up in the air and turn around 1 time before catching it. *Repeat this 5 times.*
3. Hop forward-backward-right-left. *Repeat 3 times.*

Each person draws a card and everyone joins in with the active play directions!

Fun ideas like this help increase active play which keeps our heart healthy and happy!

Active Play EVERY Day!

Kids need 60 minutes of daily physical activity. Parents can assist with this goal using simple ideas!

Tips - Devise a **Family Olympics** at home! Try crawling on all fours, racing across the floor. Time a hopping contest. Shoot soft balls into an empty wastebasket for a score.

Getting Started: Creating Awareness with Parents

Try Active Play EVERY Day! Take FUN, simple steps to increase your minutes in motion through the day!

Be a role model! Showing kids how much you value and enjoy active play speaks much louder than words.

- Instead of food, use active play as a reward.
 - Give active play as a gift. Need ideas? Consider miniature golf, snowshoe hiking, or swimming.
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Turn Off the TV

Turn off the TV for MORE active play and reading and LESS time to see commercials for sugary or high-fat foods. Kids who have less screen time (TV, computer, video games) tend to read more and do better in school.

Have a Family Talk: Think of things your family can do if you turn off the TV.

Whiz Kids' Healthy Snack Ideas!

- Frozen mini-waffles with peanut butter spread
 - Flour tortilla with low-fat cheese and veggie salsa
 - Cereal and low-fat milk in the afternoon with sliced bananas or other fruit
 - Chopped peaches or other fruit sprinkled with crushed graham cracker and topped with a spoonful of low-fat pudding.
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Snack Attack: Tips to a HEALTHY Size

- Turn off the TV. Without the distraction, it's easier to recognize whether or not you're eating too much.
 - Check labels for the number of servings and size. Measure a serving to check it out!
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Healthy snacks give us fuel to learn, go, and grow!

THINK about more or Less! All foods fit when you choose:

MORE: Fruits and veggies LESS: Sugary and high-fat foods like high sugar drinks, candy, and chips



Find Time for Breakfast!

Have fun being creative with "to-go" breakfast ideas. To start you thinking, use the following ideas. Make a tortilla "wrap" by topping a low fat tortilla with a slice of low-fat cheese and thinly sliced apples. Warm the tortilla in a microwave and roll it up for a tasty on-the-go meal. Another tasty idea is to spread a low fat tortilla with peanut butter and banana slices.

Choose Breakfast GO Power

Get healthy balance with **Breakfast GO Power**. It gives kids fuel to learn, grow, and go! A healthy start begins with YOU! Join your kids for breakfast to role model healthy habits. If breakfast is a new habit, start small with toast or a glass of low-fat milk. As breakfast becomes a daily habit, add other foods one-at-a-time until breakfast is a full meal.

Snack Attack: Healthy snacks give us fuel to learn, go, and grow!

SPY Snack Habits! At your house, do you spy these snacking habits: nibbling while watching TV or talking on the phone, or eating when bored?
If you spy any of these habits, BEGIN A NEW WAY OF THINKING!

Be a role model!

Showing kids how much you value and enjoy active play
speaks much louder than words!

Instead of food use active play as a reward!

More is Better!

Fruits & Veggies Every Day - The Tasty Way includes being physically active most days of the week. Let a **fruit and veggie** snack refresh you after active play. Try fruit kabobs or raw veggies and low-fat dip for a quick energy snack.

Fruits & Veggies Every Day - The Tasty Way

Follow the Leader

Play follow the rainbow leader! Watch what happens when YOU enjoy a wide variety and color of fruits and veggies every day! Plan family meals and snacks to include 5 to 9 servings of fruits and vegetables every day. Actions speak louder than nagging, bribing, or clean plate club efforts.