

# Parents, You Can Lead the Way!

## *Fruits, Vegetables, and Physical Activity*

### Action Steps Parents Can Take at Their Kids' School

- ☑ **Find out if fruits and vegetables are available in your children's school.**
  - Get a sense of what the cafeteria offers by visiting the school at lunchtime or ask your kids.
  - Find out if your kid's classroom has a healthy snack policy
  - Find out if fruits and vegetables are available in vending machines or the school store.
  
- ☑ **Find out what your kids think about the snacks provided at school, and what healthy, appealing options they would like to have.** Encourage other parents and children to do the same.
  - Let teachers know what fruits and vegetables your kids want as snacks or help your kids write a letter to do this themselves.
  
- ☑ **Talk with principals, teachers, and other school staff** about the importance of eating plenty of fruits and vegetables.
  - Encourage them to establish a "healthy food policy" for parties, fundraisers, and other school events to ensure fruits and vegetables are always served.
  - Bring fresh fruit treats for birthday and other parties at school – what kid wouldn't love a big slice of watermelon for someone's birthday, or a cup of fresh, juicy berries?
  - Encourage teachers to use fruits and vegetables as classroom rewards – suggest apples or other fruit instead.
  
- ☑ **Help your kids understand how important fruits and vegetables are for their health.**
  - Encourage them to choose fruits and vegetables they enjoy in the cafeteria.
  
- ☑ **Encourage your children to participate in after-school physical activities.**
  - If your school doesn't offer after-school sports, learn about the community sports team options instead.
  - Not every kid wants to play a team sport – but most kids can enjoy being active in some way, whether it's taking a bike ride, dancing, swimming at the local pool, or just getting outside to run and play.
  
- ☑ **Be active in your children's school.**
  - Recruit a Registered Dietitian to talk with the class about the importance of eating a healthy diet rich in fruits and vegetables.
  - Volunteer to organize a health-oriented fundraiser for the school, such as a car wash, fun run, health club membership raffle or fruit and vegetable stand. A fundraiser like this could help pay for new sports equipment for a school, or a new salad bar.
  - When it's your turn to bring snacks, bring fruits and vegetables.



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