

JANUARY 2021

Raise Healthy Eaters in the New Year

Ring in a healthy new year by teaching kids the importance of food, nutrition and eating skills: food to fuel busy, successful lives; nutrition to nourish strong bodies and smart brains; and eating skills to enjoy the social aspect of meals with family and friends.¹



Meal Time is a Family Affair

Make the time and effort to enjoy more family meal times each week. Setting regular family meal times can have important, long-lasting benefits. Health experts agree, eating and talking together helps to foster family unity, prevent behavior problems at home and school, enhance academic success, improve nutrition, and promote healthy weight for kids. If evenings seem too hectic for family dinners, set aside time for a weekend breakfast or lunch. After a month or two of this new pattern, you can add another family meal each week. Before you know it, you will be eating together on most days!¹



Dangers of the Clean Plate Club

Pressuring kids to eat all the food on their plate, especially fruits and vegetables often backfires. Many times, it discourages kids from eating them at all. Try taking a more relaxed approach and let kids of all ages listen and respond to their own internal cues of hunger and fullness. If you worry your child isn't getting a proper nutritional balance, check in with your child's healthcare provider.²

Get Kids Involved in Their Nutrition

Every trip can be a nutrition lesson, whether to your kitchen, the grocery store or a community garden. Kids can learn to categorize food into groups: grains, fruits, vegetables, dairy and protein foods. They can choose new foods to try, like picking out a new fresh or dried fruit, or fresh vegetable each trip. As kids get older, they can help plan the menu at home and pick out the foods to match the menu items while shopping!¹



Sources:

- 1 - <https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year>
- 2 - <https://www.eatright.org/food/nutrition/eating-as-a-family/keep-kids-out-of-the-clean-plate-club>

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