

## BRING HEALTHY FOODS TO YOUR CHILD'S SCHOOL!

Kids spend a lot of time at school! They may have 2 meals during the day, or maybe even 3 if they go to afterschool. It is important that school meals are healthy.

Eating healthy meals in school can help kids:

- Do better in school.
- Help With their memory and give them energy.
- Improve attendance!<sup>1</sup>
- Try new foods and helps them practice healthy eating!

### **How can I help get Healthy Foods to my child's school?**

As a parent, there are many ways to help bring healthy foods to your child's school. Talk to a teacher, principal, or school staff member to find a program that best fits your school. You can talk to other parents to help build support for healthy food programs. This is a great way to stay connected with your child's school!

### **Form a Wellness Committee!**

A [Wellness Committee](#) is a great way to keep a school healthy. This group of students, teachers, parents, and school staff work together to bring healthy options to schools. This includes health food and physical activity programs! [Click here](#) for simple steps to help get one started in your school. *Already have one in your school? Ask to join!*

### **Bring Healthy Foods to the Cafeteria!**

The NYC Department of Education can bring [salad bars](#) to your school. The salad bar gives kids a chance to learn about different salad options. They also learn how to make their own salads! You can find salad bars in about 1,000 schools across the city. If your school doesn't have a salad bar, ask for one!

Apply for the [Fresh Fruit and Vegetable Program \(FFVP\)](#)

If your school is a part of the [National School Lunch Program](#), this could be an option for you! This federal program gives fresh fruits and vegetables to elementary schools across the U.S.

### **Ask for a Water Jet:**

The water jet program can bring clean drinking water to NYC school cafeterias. When a water jet is in schools, students drink 3 times more water.<sup>2</sup> Water keeps kids hydrated and is a healthier drink option than chocolate milk and sugary drinks like juice and soda.

---

<sup>1</sup> <https://www.cdc.gov/healthyschools/nutrition/facts.htm>

<sup>2</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4318331/>

### **Build a School Garden:**

School gardens are a great way to teach children about growing vegetables. It also provides healthy foods! School gardens are also a great way to promote social-emotional learning in schools. Visit [Grow to Learn NYC](#) for tips, tools, and lesson plans to help you start a school garden.

Apply for the [Fresh Fruit and Vegetable Program \(FFVP\)](#)

If your school is a part of the [National School Lunch Program](#), this could be an option for you! This federal program gives fresh fruits and vegetables to elementary schools across the U.S.

### **What you can do at home?**

Look at the school [meal calendar](#) with your child and talk about the menu. This will help your child think about and plan ahead for healthy meals.<sup>3</sup> You can talk about:

- Which foods your child may like or not like
- Which foods are healthy
- Other options that your child can choose from the alternative menu or a salad bar (if your school has these)

Talk to your child about having balanced meals. You can use the [choosemyplate.gov resource for kids](#) to talk about adding fruits, vegetables, grains, protein, and dairy to meals. There are also fun games on the site your child can play to learn about healthy eating!

---

<sup>3</sup> <https://www.hsph.harvard.edu/nutritionsource/2016/09/20/why-school-meals-matter/>