School Resource Kit

Information for Parents

Thanks for bringing FOODPLAY to your school! As you know, parents play a critical role in helping children develop healthy eating and active lifestyle habits. FOODPLAY provides a great opportunity for families to start discussing important health and wellness issues. We hope this section will help students bring the FOODPLAY messages home to share with their parents.

You can help by printing and copying the "Parent Letter" and "Parent Tips" and sending them home with the students so parents can discuss some of the topics we will be covering before and after the FOODPLAY program.

Please visit us at www.foodplay.com for more fun-filled nutrition activities, resources, and programs! We look forward to coming back to your school again soon!

- **Parent Letter (English)**
- **Parent Letter (Spanish)**
- **Parent Tips**

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FOODPLAY® productions
Turning kids on to healthy habits!

1 Sunset Avenue, Hatfield, MA 01038 · 1-800-FOODPLAY · 413-247-5400 · info@foodplay.com · www.foodplay.com

For Parents

Dear Parent,

Your child will be seeing FOODPLAY, a national award-winning theater show that teaches kids about nutrition, self-esteem, and health in a fun, upbeat way, on _____. We hope when your child comes home after the show, s/he will be more excited about choosing healthy snacks, eating a good breakfast, reading food labels, and being physically active every day.

FOODPLAY doesn't just make good eating great fun! Its messages are very important! As you may know, today's kids are being bombarded by media messages and advertisements promoting junk food diets along with the idea that you have to be one size and shape to be attractive. Unfortunately, these messages are taking a toll on childrens' health and self-esteem. The majority of today's children are not meeting their daily recommended nutritional requirements; one quarter are already showing signs of high cholesterol levels; obesity is on the rise; and disordered eating is becoming more and more common.

FOODPLAY provides children with the skills they need to see through media messages and take charge of growing up healthy and fit. They'll learn how to read food labels, cut down on sugar and fat, and eat a wide variety of wholesome foods; learn the importance of eating breakfast and being active every day; and discover that everybody comes in different shapes and sizes.

You can help keep the messages of FOODPLAY alive all year round. After the show, your child will be bringing home a snack card which has healthy snack ideas and tips on how to "treat your body right!" We hope you will go over these snacks and tips together. We also encourage you to stock up on fresh, healthy foods and enjoy being physically active together as a family.

The FOODPLAY program is brought to your school with special thanks to

_____.

It is our pleasure to bring FOODPLAY to your children. Here's to your health!

Sincerely,

Barbara Storper

Barbara Storper, MS, RD

Teachers! Parents! Kids!
for tips, activities, handouts
and fun-filled resources:
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For Parents

Estimados Padres:

Su hijo o hija va a ver FOODPLAY el día _____. Es una obrita de teatro que ha ganado premios nacionales, y que enseña a los niños cosas acerca de la nutrición, la salud y el amor propio en una manera divertida y vivaracha. Esperamos que cuando sus niños vuelvan a casa después de nuestra representación, se animen más a elegir meriendas saludables, desayunar bien, leer las etiquetas de los paquetes de comida, y hacer actividades físicas todos los días.

FOODPLAY no sólo hace más divertido lo de comer bien. Su mensaje es muy importante. Como sabrán, los niños de hoy día están bombardeados con muchos mensajes de los medios de comunicación y anuncios comerciales que promueven dietas de comida de poco valor nutrativo, junto con la idea de que es forzoso conformar a cierta talla y forma para ser atractivo. Por desgracia, estos mensajes hacen daño a su salud y el amor propio. La mayoría de los niños de hoy día no alcanzan los requisitos nutrativos recomendados; la cuarta parte de ellos ya muestran señas de altos niveles de colesteról; la frecuencia de obesidad se crece; y los trastornos alimenticios se hacen más y más común.

FOODPLAY les proporciona a los niños la capacidad que necesitan para ver detrás de los mensajes y tomarse cargo de crecer sanos y aptos. Aprenderán cómo interpretar las etiquetas de paquetes de comida, comer menos azúcar y grasas, y comer una gran variedad de alimentos salubres. También aprenderán la importancia de desayunar y hacer actividades físicas todos los días, y descubrirán que la gente viene en todos tamaños, formas y tallas.

Ud. puede mantener vivo el mensaje de FOODPLAY durante todo el año. Después de la representación, su hijo o hija traerá a casa una guía acerca de las meriendas, la cual tiene recetas, ideas y sugerencias de como se puede "¡tratar bien su cuerpo!" Por favor, tomen el tiempo para repasar la guía con ellos. También los animamos a Uds. que se surtan sus cocinas de alimentos frescos y salubres, y que juntos con ellos gocen de un estilo de vida activa.

FOODPLAY es generosamente presentada a su escuela por _____.

Es nuestro placer presentar FOODPLAY a sus hijos. ¡A su salud!

Atentamente,

Barbara Storper, MS, RD

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For Parents

Parent Tips - Making Fruits and Veggies Fun for Kids

By Barbara Storper, MS, RD, Executive Director, FoodPlay Productions

- Kids often prefer the crunch of raw vegetables to cooked ones, especially if they're cut up into fun shapes and called neat names such as "carrot coins," "broccoli trees," "red pepper pinwheels," and "celery pick-up sticks." Serve along with a dip such as hummus, salad dressing, or balsamic vinegar.

- Make healthy foods easy to eat and easy to grab for kid-friendly snacking. Cut up fruit such as apples, oranges, and bananas into slices instead of leaving them whole. Keep cut-up carrots and celery sticks with a dip within easy reach in the fridge.

- Try to buy fruits and veggies in season. They're fresher, cheaper, and more nutritious and delicious! If you can, grow a vegetable garden, visit a farmer's market, or grow herbs on your windowsill!

- Sautee or stir-fry veggies in olive oil with garlic and soy sauce to make them irresistible to your children, or sneak them into sauces and soups for more resistant children.

- Parents often find great success by giving children healthy foods, such as cut-up raw veggies with dip or cut-up fruit with cheese and crackers, when they're at their hungriest such as right after school or just before dinner.

- Create a family tradition such as "Veggie of the Week Club" in which children can choose a new vegetable from the supermarket each week to try. They can experiment with ways to prepare it by looking in cookbooks, on TV cooking shows, or online.

- Serve 100% fruit juice, such as vitamin C-rich orange and grapefruit juice, or low-fat milk instead of soda and sugary "fruit drinks." For a lower cost soda alternative, have kids make fruit juice spritzers—half 100% fruit juice, half seltzer.

- Involve your children in snack and meal preparation. The more they participate in the cooking and prep themselves, the more likely they'll want to try their creations!

- Read *Janey Junkfood's Fresh Adventure!* (my new children's book) with your kids to extend the FOODPLAY themes. Have fun with your children preparing the snacks from colorful recipe cards found in the book and free on our website. You could also ask your library to get a copy.

- Keep some "Veggie Grab Bags" available—just pack up small plastic bags with baby carrots, cherry tomatoes, snow peas, red pepper chunks, or whatever is in season. Keep the bags ready to go and invite the family to grab a few on their way out.

For more tips
and fun-filled resources:
www.foodplay.com

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