



## 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](http://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**



**FOODPLAY**<sup>®</sup>  
productions  
Turning kids on to healthy habits!

For Parents

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

Dear Parent,

Your child will be seeing FOODPLAY, a fun-filled, national award-winning theater show that teaches kids about healthy eating and active lifestyles, on \_\_\_\_\_.

We know how hard it is in today's fast food world to raise healthy eaters. We hope, when your child comes home after the show, s/he will be more excited about choosing healthy snacks, eating more fruits and vegetables, cutting down on sugar (especially soda and sweetened drinks), and having fun being physically active every day.

**You can help keep the messages of FOODPLAY alive all year round. Here's how:**

- 🍏 After the show, ask your children how they liked it and what they learned. They will be bringing home a snack card with delicious and nutritious snack ideas and tips to "Treat your body right!" We hope you'll post this on your fridge and go over these snacks and tips together.
- 🍏 Check out the new MyPlate food guide – found at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov). It shows how to create a balanced diet with all five food groups. Let your kids get involved in planning and preparing healthy meals with you – the more they take part, the more likely they are to try new foods! And, try to eat together as a family whenever you can.
- 🍏 Stock up on healthy GO foods – foods that are rich in nutrients, like fruits, vegetables, whole grains, lean protein foods, and dairy. Try to serve fewer WHOA foods – highly processed food products that contain added sugars, fats, salt, and artificial additives. (See next page for "Making Fruits and Veggies Fun!")
- 🍏 Have fun being physically active as a family – take a walk after dinner, reward kids with a fun activity instead of giving sweets, go to the park, join the Y or local youth club, dance together on rainy days, go for a hike, and create fun physically active family traditions!

Eating healthfully and being physically active is good for everyone!

The FOODPLAY program is brought to your school with special thanks to **Hannaford Supermarkets**.

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

Sincerely,

Barbara Storper, MS, RD  
Nutritionist, Executive Director





Estimados Padres:

Su hijo o hija va a ver FOODPLAY el día \_\_\_\_\_. Es una obra 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 nutritivo, 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 nutritivos recomendados; la cuarta parte de ellos ya muestran señas de altos niveles de colesterol; 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 saludables. 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 saludables, y que juntos con ellos gocen de un estilo de vida activa.

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

Atentamente,

Barbara Storper, MS, RD  
Nutritionist, Executive Director





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## 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!
- ☆ Sauté 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](http://www.foodplay.com)