

NRPA's Commit to Health initiative supports the implementation of healthy eating and physical activity standards in park and recreation sites across the nation. Now you can help reinforce the healthy habits that your child is learning in their out-of-school time program in your home!

## AUGUST

As the school year begins it's time to focus on healthy meals and snacks. Read labels when restocking to be sure the items you select don't have too much added sugar, sodium, or fat! If you've got a busy week and you're planning to eat out, follow some healthy tips to eat well!

- Want to know how to read a nutrition facts label to find out if an item is healthy for your family? Check out this helpful [brochure](#). ([Spanish](#)) Additional facts about the nutrition facts label can be found [here](#).
- During the busy school year, when eating out at a restaurant, follow some of these [healthy tips](#) for eating well! [Click here](#) for more tips. ([Spanish](#))
- We know everyone wants ideas for quick, healthy snacks, so check out these sites for some wonderful suggestions!
  - » [103 ideas](#) from a famous food celebrity!
  - » Ideas for kid-friendly, holiday, portable, and other snacks are found [here](#).
  - » Flip through [these ideas](#) for "real simple" snacks, some of which are quite fancy (Roast Beef and Horseradish Cream on Pear!).
- Tips for packing a healthy lunch for your child can be found [here](#). ([Spanish](#))
- Sending your child off to college? Send this [set of tips](#) along with them so they think about the foods that will help them learn (and keep these in mind for your own fridge, filled with nutritious snacks!).
- Physical Activity Tip: Physical activity can take many forms – classes, gym workouts, daily walking routines, or even through our "activities of daily living." Try to enhance opportunities to exercise during activities of daily living: park in a parking space that is farthest from the door of the grocery store! Take the steps instead of the elevator or escalator! Stand up straight while grocery shopping – don't lean on the cart, use your core muscles to hold you up. When getting out of a chair, use your legs only – don't push on the arms of the chair with your hands. Think of other ways to work your muscles while doing activities of daily living each day!!
- Learn about a fruit and vegetable each month! Try new healthy recipes and cooking techniques [here](#)! ([Spanish](#))
- Help reinforce healthy eating with fun activity sheets ([summer squash](#) and [stone fruits](#)) and coloring ([summer squash](#) and [stone fruits](#)) sheets for your family.

\*For Spanish information about MyPlate, please [click here](#)!

