

# COMMIT TO HEALTH

# RESOURCES FOR THE HOME

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!

## APRIL

**Tax time reminds us to pay attention to our bills, including the cost of food we provide for our families. Take steps to make grocery shopping easier this April! Learn how to create shopping lists with healthy and nutritious foods while on a budget!**

- Shopping for nutritious foods for yourself and your family can be done on a budget. Check out some [tips](#) for how to get it done!
- Eat healthier and spend less? How? Here is a great [set of examples](#) of less healthy foods compared to healthier foods, and price comparisons to help you think differently about items you buy!
- Physical Activity Tip: April showers may make us inclined to stay indoors, but that doesn't mean we cannot get some exercise! Head to the mall and take a few laps inside - or find a local yoga class, or try beginner's yoga at home with this great 20-minute [workout](#).
- 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 ([fresh beans](#) and [nuts](#)) and coloring sheets ([fresh beans](#) and [nuts](#)) for your family!
- Think about what goes on your plate! Use [MyPlate](#) to create a well-balanced, nutritious meal each day.

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



National Recreation  
and Park Association

[www.nrpa.org/CommitToHealth](http://www.nrpa.org/CommitToHealth)