

Ms. Lewandowski's First Grade Nutritional Newsletter

Family Involvement in Nutrition

Family involvement in a young child's nutrition is very important. A study showed that when children were given nutritional books to take home, parents demonstrated more knowledge about nutrition. These books are used to increase the health of families and even increase the knowledge that the family has about nutrition. You can use your nutrition book to read with your child and discuss the new health information.



What the nutrition books consist of

The nutrition books contain information regarding smart shopping, color your plate, the concept of "5 a day" and delicious drinks. The books also contain interactive activities that the child is supposed to complete with an adult. These interactive activities are created based off what your child has learned in school that day. At the end of the book there is a questionnaire for the parents to complete. This is to ensure that the nutritional books are helpful and engaging for each family.

How to be involved in your child's nutrition

Families can do many things to be involved in a child's daily nutrition. Supporting children at a young age with nutrition will only benefit them when they get older. Some ways to be involved in your child's nutrition include:

- Family Dinners
- Shopping and then cooking together
- Reading and completing the activities in the nutrition book together
- Making a weekly plan of what to have for dinner together
- Encouraging your child to try new foods.

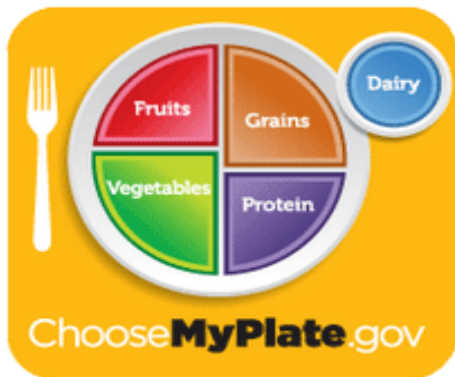


The tips listed above are not the only ways to become involved in your child's nutrition, but they are a great way to start.

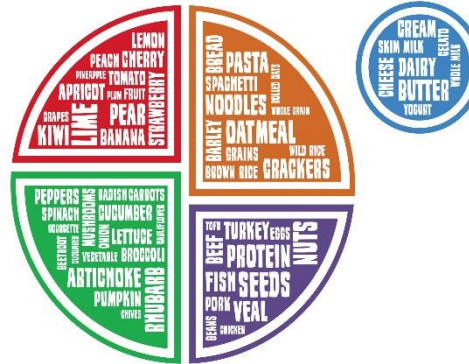
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Resources

Finding cheap fresh and healthy food can sometimes be expensive. Using coupons is a great way to receive discounts on fresh foods. Some stores that are not extremely expensive, and still have the fresh and healthy food you want include: Walmart Supercenter, Aldi, Price Rite, and Price Chopper. All the stores listed have great prices and will have great food options. Saving and collect coupons is another way that you can save money on food.



In the books there is an activity for your child to do called Color my plate. This activity will encourage your child to eat a bigger variety of fruits and vegetables of different colors

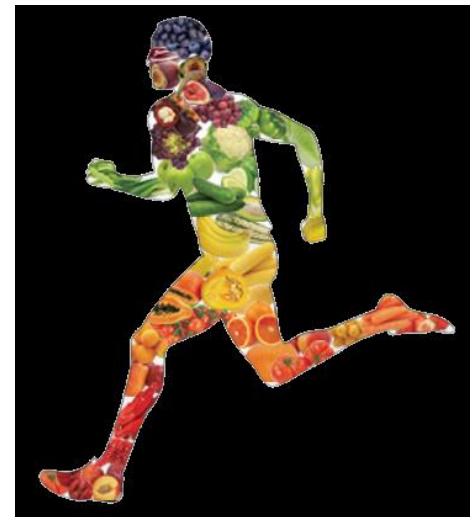


Benefits of taking nutritional information home

The impact of these nutrition books have been shown to be positive. On a scale of 1-3, with 1 being not acceptable and 3 being very acceptable, when children were asked how enjoyable the books were their averaged response was 2.86-2.9. When parents were asked how much they learned their averaged responses were between 2.82-2.91 and the children's responses were in the range of 2.89-2.91. These statistics show that when students bring home nutritional information it can be beneficial.

Family Involvement

We want to include every family in their child's life through nutrition. Having feedback from the adults in our young student's lives is very important to us. We can use your feedback to make changes in the nutritional information that we send home with your child. Filling out the survey at the end of each book will really help us to ensure that every family is gaining benefits from the books.



nutrition
the right balance of real foods

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