

Nutrition and Healthy Eating in School

A Parent Workshop to Go

Overview:	This workshop will provide information about the school nutrition environment including School Meals, other standards for foods sold and provided on school campus. Furthermore, it offers families resources to support children in healthy food decision making.
Length of Time:	45 minutes
Objective(s):	<ol style="list-style-type: none">1. Explain the School Meal requirements and their alignment with the Dietary Guidelines for Americans and MyPlate recommendations.2. Describe the school nutrition environment and Maryland's Smart Snack requirements.3. Identify resources to support families and children in healthy food decision making.
Handouts:	MyPlate Guide to School Lunch Maryland Nutrition Standards for All Foods Sold in School Alliance for Healthier Generation: Celebrations That Support Child Health MyPlate Be a Healthy Role Model for Children MyPlate Make Celebrations Healthy
Presenter Instructions:	Prior to the presentation, prepare the handouts (above). Welcome parents and provide LEA specific sign in sheet Introduce yourself and begin the presentation. <ul style="list-style-type: none">• PowerPoint file is included; see the notes pages for additional information for each slide.• PowerPoint will need to be updated to be local school system specific Distribute any additional handouts. Distribute the LEA specific evaluation sheet
References:	MyPlate.gov Alliance for Healthier Generation: www.healthiergeneration.org Maryland State Department of Education's Office of School and Community Nutrition Programs: eatsmartmaryland.org

This Parent Workshop to Go was prepared by partners from the Maryland Wellness Policies and Practices Project, which include representatives from the Maryland State Department of Education, University of Maryland Baltimore, Maryland's Food Supplement Nutrition Education, and Local School Systems.

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