



THE FAMILY CONNECTION UNIT 11 – HEALTHY LIFESTYLES: HEALTHY EATING

Dear Family Member,
Your child is participating in Healthy Alternatives for Little Ones (HALO), a health education and prevention program. Recent activities focused on the importance of:

Nutritious Food to Make Our Body Stronger Brain Healthy Family Meals

Things you can do at home:

- Talk about where food comes from (Like: farms, gardens).
- Count the number of fruits and vegetables during meals — serve 5 fruits and vegetables every day.
- Eat together as a family and talk about your day.
- Offer one healthy snack in between meals and limit junk food in your home
- Prepare healthy food choices but don't force a certain food - children will eat what they need.
- Point out healthy foods at the grocery store and let your child help make healthy meals and snacks. To learn more about nutrition visit: www.ChooseMyPlate.gov.

