

## Family Connections

It's important to reinforce with parents why making healthy choices is part of getting their child ready for kindergarten. A sample letter home to families is provided in this packet. You can edit, write your own or simply copy this and send it home. It outlines the **Ready, Set, Go 5-2-1-0** campaign.

The **Ready, Set, Go 5-2-1-0** website has many resources to guide your work in helping parents make healthy choices for their family. Use this site to plan activities for family nights that tie in with the lessons your teachers are providing in the classroom.

<http://www.multicare.org/mary-bridge-5210/>

Here are several links to sites that provide low-cost, healthy recipes. Use some for a Hallway Happening (see below), your family newsletter, or other events where you are making the home-school connection with families about healthy choices.

- A Taste of Food \$ense is a collection of recipes developed by Washington State University Extension. All recipes were tested with food bank shoppers. Categories include: Add Color (emphasis on fruits and vegetables); Kid Friendly Snacks; Kid Friendly Fruits and Vegetables; Whole Grains and Thrifty Meals.  
<http://nutrition.wsu.edu/recipes/IncentiveRecipes.html>
- Grow Happy Kids is a site developed by WSU Food \$ense to help people eat safe and healthy foods within a limited budget.  
<http://growhappykids.org>
- Food Hero is a site dedicated to providing quick, healthy recipes and cooking tips. Developed by Oregon State University, the site includes information on shopping on a budget, monthly updates and ways to join an interactive community interested in healthy eating.  
<https://www.foodhero.org>
- Eat Well on \$4/Day; Good and Cheap is a book of ideas for eating well on \$4.00/day or less.  
<http://www.leannebrown.com>
- Eating Well for Less-Shop, Save, Eat, Enjoy! –a 44 page booklet published by DSHS. It has information about grocery shopping on a budget, healthy food choices and recipes. Available in English and Spanish. Contact the PSESD Early Learning Health/Nutrition Help Line at 425-917-7745 or 253-778-7745 or [ehealth@psesd.org](mailto:ehealth@psesd.org) for quantities

## Family Involvement - Great Ideas from Innovative Site Staff

### Hallway Happenings

Several sites have set up food tastings, recipe ideas and information about healthy choices in the hallway or pick up point for children. It is a quick and easy way to share information with families.

At family events where food is served, label them to identify healthy ingredients. Use the **Ready, Set, Go 5-2-1-0** materials as part of your event set up.

### Market Nights

Plan a family event about healthy choices. Include “shopping” for fruits and vegetables donated by a local grocer. Arrange various produce with information about what makes it a healthy choice where children shop. Include recipes that use many of the ingredients donated.

Set up a fruit and vegetable walk instead of a cake walk. Play music and let children and/or parents walk on pictures of fruits and vegetables. When the music stops the person standing on the card that is selected gets a healthy prize to take home.

Consider including math related stations for families to explore:

Amount of sugar in a drink - graphing

How much fat in a fast food meal? – measuring

### Peer Health Teachback

Remember this parent-led training is available to your site whether you have one of your own site’s parent’s trained or not! Chelle Herbruger (Program Scheduler) at [Cherbruger@psed.org](mailto:Cherbruger@psed.org)

### A Healthier, Happier Me Wall

Create a wall in your classroom where children and families can post healthy things they do at home. One teacher made her wall similar to Facebook and Twitter where families could “post” or “tweet” their healthy ideas.

### Healthy Beverages Board

Create ‘healthier beverage bulletin boards’ in learning areas, hallways or doors. The theme could be: “We Drink Water First for Thirst!” or “Think Your Drink.”