



Homefield Advantage Highlight Healthy Choices – Go Nutritious!

This useful one-pager provides practical ways for parents and family members to get involved in making this Play a success – in school and at home!

Lend a Hand at School

- Work with your school’s parent organization, school nutrition professionals, students and administrators to help plan a cafeteria makeover. Spending a weekend [“energizing” the cafeteria](#) or making new signs and displays can help you get to know other parents and students while also helping the school.
- Help involve the community by talking to local businesses to get their help with food service equipment like kiosks and coolers or other donations.
- Visit the school during breakfast or lunch and ask students about what they like or don’t like about the cafeteria. Help gather information that can help in planning a makeover.

Help at Home

- Reinforce your child’s healthy food choices at home by implementing some of these simple, yet effective, [tips for building a nutritious meal](#).
- Remind your child about the importance of making nutrient-rich food selections at school. Reinforce these choices by encouraging use of the [MyPlate guidelines](#) for how to [be a healthy role model](#).