Family Wellness Engagement Toolkit
Action Items for Family Engagement

- Wellness Policy
  - Example(s): policy language, measuring implementation

- Nutrition
  - Example(s): School Meals menus, food tastings

- Physical Activity
  - Example(s): learning opportunities, physical activity breaks
“Parent to Go” and Parent University Workshops

- Three Workshops:
  - My School System’s Wellness Policy
  - Nutrition and Healthy Eating in Schools
  - Promoting Physical Activity - Home, School, & Community

Includes: objectives, instructor’s guide, PowerPoint, participant handouts
Questions

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COMING SUMMER 2019!