

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!

