

HEALTHY PLATE AT HOME



Dear Parents,

At school, your child explores how to make healthy food choices and be physically active, while also building skills in Math, Science, and English Language Arts. Our goal is to help support your efforts at home to help your child develop healthy eating habits. This booklet from the Seafood Nutrition Partnership offers some fun and easy tips for building healthier family meals that include the five food groups. This is a great opportunity to talk with your child about nutrition, try new foods together, and get your child involved in making healthier meals and snacks.

Enjoy!



THIS WEEK MY FAMILY WILL TRY TO:

- Eat a dark-green, red, or orange vegetable at dinner.
- Switch to a whole-grain cereal at breakfast.
- Drink fat-free or low-fat (1%) milk at meals.
- Include seafood into meals at least twice a week.
- Eat beans or peas at dinner at least once.
- Drink water instead of soda or other sweet drinks.
- Enjoy fruit for dessert.

Adapted from USDA MyPlate | www.choosemyplate.gov