



New School Year Resolutions

The beginning of the school year is a good time to start thinking about ways to make sure your child's school year is positive from start to finish. Making healthy choices at home helps ensure that the school year starts with good physical and mental attitudes!

Eat a Good Breakfast

To help your child stay focused and energetic throughout the day, start it with a healthy breakfast.

- Look for whole grains that can be part of breakfast, such as whole grain cereal or oatmeal. Whole grain pancakes and muffins freeze in single servings and make a quick breakfast.
- Serve cut fruit as an easy breakfast side. Eat fruit at the table or on the way to the bus stop!
- Add protein to breakfast. Eggs can be cooked quickly in the microwave or on the stove.
- Drink low-fat or non-fat milk, water or 100% fruit juice.

Plan School Lunches

Discuss what foods your child likes and will eat for lunch.

- Fill out the Free and Reduced Meal forms that are in your back to school packet! Free and reduced meals help to cut the amount that your child pays for school breakfast and lunch. Check your school's website for an application and more information.
- Read the school lunch menu together and choose what they might eat the next day.

Pack Lunches

- Pack lunches with your child the night before. This allows you time to plan and pack a healthy lunch. Pack a healthy lunch for yourself too. Kids learn by watching you!
- Let your child pick their favorite fruits or vegetables. Try something new each week.
- Pack healthy snacks that your child will enjoy throughout the day instead of buying unhealthy foods from other sources like vending machines.
- Send a refillable water bottle with lunch. Avoid serving sugary drinks like soda or Capri-sun.

Get Moving!

Physical activity is a good way for you *and* your child to de-stress when school starts.

- Walk to and from the bus stop with your child instead of driving.
- Find an activity you enjoy as a family such as walking a pet, jumping rope, or playing catch. Set aside time for physical activity each night.
- Ask if your child if they had any brain break activities or recess that they enjoyed and try them together.
- Help your child get enough sleep each night.

