

Ideas for Parents: School Nutrition Environment and Services

Audio Descriptive Text

Title: Chapter 3. Engaging Parents to Support Healthy School Environments; Ideas for Parents: School Nutrition Environment and Services. Graphic of a wheel depicting student access to healthy foods and beverages at school. The outer wheel depicts Food and Beverage Marketing; Healthy Eating Learning Opportunities; Staff Role Modeling. The inner wheel depicts Vending Machines; A La Carte Foods; In-School Fundraisers; School Meals; Access to Drinking Water; Classroom Celebrations, Events, & Rewards; and School Stores & Snack Bars. Image of Active Child icon.

Video Summary

- Parents can support a healthy school nutrition environment and services by:
 - Participating in the school health council or parent-teacher group
 - Encouraging their children’s participation in the school meals program
 - Volunteering their time with healthy school fundraisers and nutrition education activities
- Parents can get involved by eating school meals with their children, reviewing menus, and knowing about available foods in vending machines, snack bars, and school stores.

Audio Script

Parents can support a healthy school nutrition environment and services by:

- Participating in the school health council or parent-teacher group,
- Encouraging their children’s participation in the school meals program, and
- Volunteering their time with healthy school fundraisers and nutrition education activities.

Other ways parents can get involved in a healthy school nutrition environment are:

- Eating school breakfast or lunch with their children,
- Reviewing school menus with them and discussing healthy food choices, and
- Knowing about the variety of foods available in vending machines, snack bars, and school stores.

If parents have questions about any food or beverage items, they can learn more by communicating directly with school staff. Sometimes food service directors do not market all the changes they are making (for example using whole grain bread or pizza dough).

Parents can help raise funds to upgrade or install new water dispensers or water fountains at the school and work with school staff and students to develop a campaign to encourage drinking water during the day.

In addition, parents can communicate with each other about the importance of the availability of water and healthy food options during the school day and during school events.