



Academy of Nutrition and Dietetics

Presents:

Kids Eat Right

Wednesday August 19th, 2015

1:00 PM – 2:00 PM CST

2:00 PM – 3:00 PM EST

11:00 AM – 12:00 PM PST

Presenter(s):

Kristi King, MPH, RDN, CNSC, LD

Jill Castle, MS, RDN, CDN

Moderator:

Lisa Medrow, RND, LD

Included in this packet are the Presenters' PowerPoint slides and the CPE certificate of participation for **1 CPEU**.

If there is more than one attendee at your site, please complete and return the included attendance roster
or go to the following link to complete it online:

<http://www.surveymonkey.com/s/WebinarGroupRoster>

Kids Eat Right

Kristi King, MPH, RDN, CNSC, LD
Academy of Nutrition and Dietetics Spokesperson
Kids Eat Right Spokesperson

Jill Castle, MS, RDN, CDN
Childhood Nutrition & Feeding Expert
Author, Speaker, Consultant

Lisa Medrow, RDN, LD
Kids Eat Right Project Specialist
Academy of Nutrition and Dietetics Foundation

August 19, 2015



Objectives

1. Identify at least one specific way to get involved in Kids Eat Right.
 2. Describe the process for developing Kids Eat Right toolkits.
 3. List at least three resources available on the Kids Eat Right member site.
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Speakers



Kristi King, MPH, RDN, CNSC, LD
Academy of Nutrition and Dietetics Spokesperson
Kids Eat Right Spokesperson



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Kids Eat Right

DOB: 2010

- Originally born out of concern of the childhood obesity epidemic
- Realized undernourished pediatric population was a problem



Kids Eat Right's mission became...

To educate families, communities, and policy makers on the importance of **QUALITY** nutrition for kids and their families





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Academy of Nutrition and Dietetics Foundation

Members-only website:

www.kidseatright.org/volunteer

[Public](#)[Members](#)[Become an RD or DTR](#)[Media](#)[Health Professionals](#)[Shop](#)[FIND A REGISTERED DIETITIAN](#)

Become a Campaign Volunteer for Kids Eat Right

Welcome to Kids Eat Right!

The Academy of Nutrition and Dietetics has been committed to childhood obesity prevention and a quality nutrition approach for years and we are energized by the momentum created by First Lady Michelle Obama's *Let's Move* campaign. The Academy and its Foundation's new member-driven campaign, Kids Eat Right, supports the White House's Childhood Obesity Task Force recommendations as well as the goals and tactics identified by the Academy's **Childhood Obesity Prevention Coalition** and we need **YOU** to share your expertise on the importance of implementing scientifically-based food and nutrition information to defeat this epidemic.

All Academy members are encouraged to participate in Kids Eat Right by signing up as a Campaign Member, and contributing to the effort to reduce childhood obesity in your community by selecting actions from five focus areas.

School
Change

Community
Outreach

Influencing
Policy

Media
Outreach

Worksite
Wellness

Once you sign up as a Campaign Member you will be committing to performing **at least two** activities for Kids Eat Right:

1. Social Media

Employing the "Shop-Cook-Eat" theme, Campaign Members will disseminate weekly

2. Build an Action Plan

Select *at least* one other action that fits your interest from the "All Actions" list. The actions



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[Join](#)

JOIN



Kids Eat Right Volunteer Resources

- Monday Message
- Toolkits
- Tip sheets
- Other:
 - RD Parent Empowerment Program
 - Links to recommended resources

Feedback

"I'm a new KER volunteer and had no idea all these resources were available. I used some of the presentations at the local community center and they have been well received!" ~Nicole M. (RD)





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**Kids Eat Right website
for the public:**

www.kidseatright.org



For Kids

For Baby

For Toddler

For Preschooler

For Gradeschooler

For Teen

Grow Healthy

Food provides the energy and nutrients that young children need to be healthy



Say "Yes!" to Non-Food Rewards



**Read This
Article**

Also Suggested

- Vitamin D Deficiency in Kids
- Start a Container Garden with Your

Tips for Kids



Give Us the Berries!



Crazy for Kale



Fall Sports Require Fuel



Is Your Baby Sensitive to Food?

[View all Tips for Kids](#)

Recipes for Kids

Videos & Recipes

Watch and Learn Videos

[View More >](#)

Fitness Flicks: Are Your Kids Hydrated?

Kids are more likely than adults to become dehydrated! Use these tips to ensure kids are well-hydrated during and after physical activity.



Grow Healthy

Food provides the energy and nutrients that young children need to be healthy



[Articles](#)

[KER Month Videos](#)

[Recipes](#)



Planning and Prep Red Potato Salad with Green Beans and Tomatoes Recipe

Jessica Cox, RD

This fresh spin on potato salad is light and colorful thanks to the addition of green beans, tomatoes and a tangy vinaigrette dressing. Chilling intensifies the flavors, so make this salad up to one day in advance. [Read More](#)



Planning and Prep Chocolate Chip and Oatmeal Chewy Bars Recipe

These are the ultimate homemade snack — soft like an oatmeal cookie and made with wholesome ingredients you can feel good about. [Read More](#)



Planning and Prep Alfredo Bites Recipe

Alfredo sauce gets a makeover with cauliflower and Greek yogurt in this recipe that works as a snack or lunch. [Read More](#)

Articles

KER Month Videos

Recipes



Allergies and Intolerances Is Your Baby Sensitive to Food?

Some babies are sensitive to certain foods. Reactions, such as a rash, wheezing, diarrhea or vomiting, are signs that a food doesn't agree with them. [Read More](#)



Vitamins and Supplements Give Us the Berries!

Wendy Marcason, RDN, LDN

Bright red, sweet, succulent flavor — do field-fresh strawberries conjure up a wonderful sensation of spring? [Read More](#)



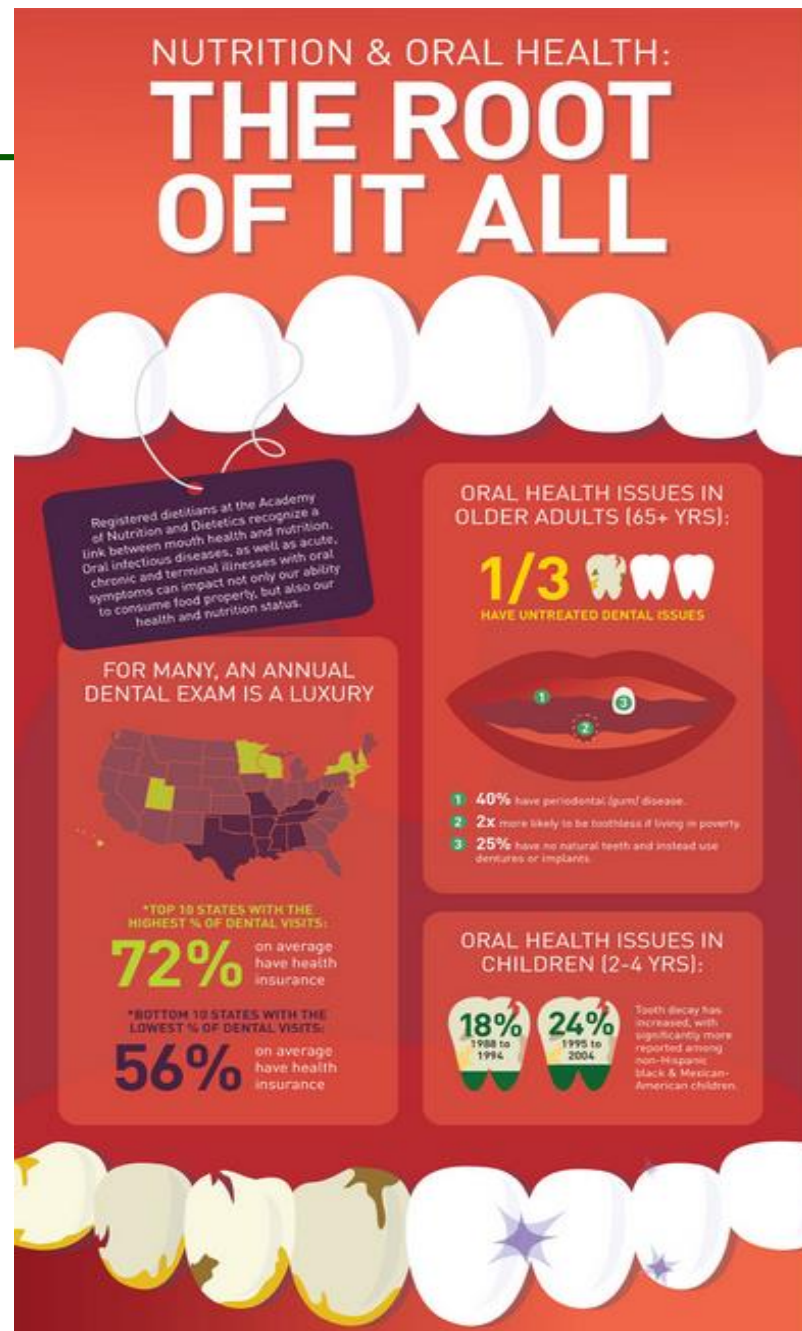
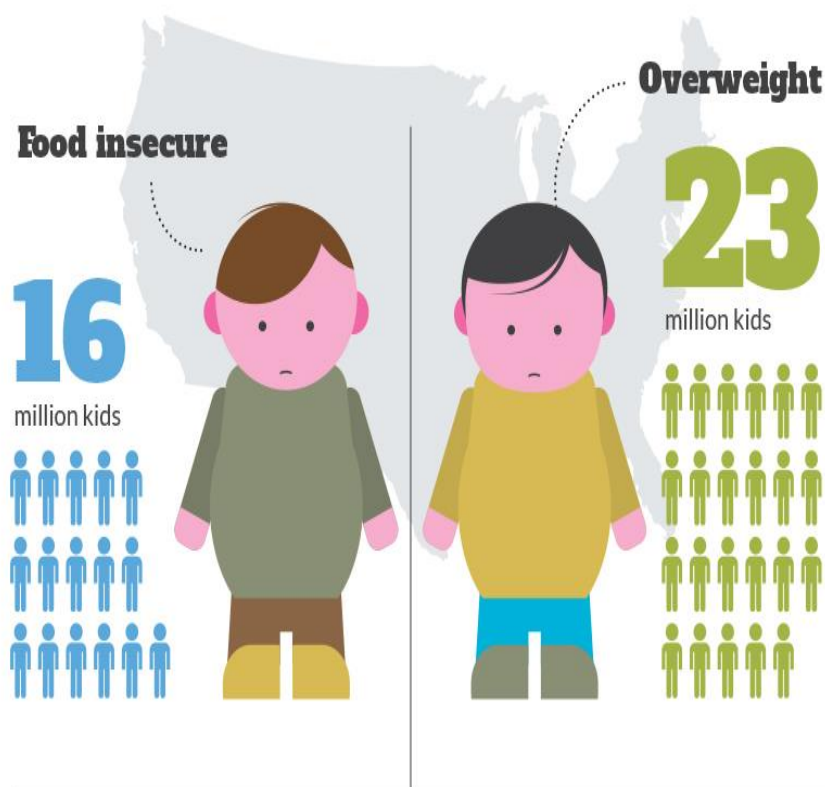
Vitamins and Supplements Crazy for Kale

In addition to being a leafy green vegetable similar to spinach, kale has so many benefits it should star in family meals on a regular basis. [Read More](#)

Infographics

Nourish to Flourish

Food insecurity and being overweight are two of the biggest crises facing America's kids today. But they don't need to be. The solution lies in understanding the facts.



Feedback

"The recipe videos are awesome! Going through and finding a recipe my kids wanted to cook together was so much fun. We were even more surprised at how great the food tasted!" ~A.L. (Parent)

"I was struggling with my daughter-in-law's choice to feed my grandkids only vegetarian diet. A friend recommended your site & I saw an article on Vegetarian kids, which helped ease my fears a lot. I was able to take the article and have a conversation with her regarding the kids nutrition, especially when they are at my house. So thanks!"
~I.S. (Grammy)

Kids Eat Right Month

- Every August
- Celebrating our 2nd annual event



-

2nd Annual Kids Eat Right Month

Kids Eat Right Month Press Releases

- During Kids Eat Right Month™, Academy of Nutrition and Dietetics Encourages All Families to 'Shop Smart, Cook Healthy, Eat Right'

Kids Eat Right Infographics

- Get to Know Kids Eat Right
- Nutrition Guidance for Healthy Children Ages 2 - 11
- Kid Friendly Kitchen Tasks
- Sports Fueling for Kids
- Healthy Schools Raise Healthy Kids
- Getting to Know the Foundation

Kids Eat Right Month Reprintable Articles

- August Is Kids Eat Right Month™ (Word)
- Celebrate Kids Eat Right Month™ (PDF)

Interview a Children's Nutrition Expert

- Many of the Academy's volunteer media spokespeople have expertise in children's nutrition and are valuable sources for a variety of stories and segments. Contact media@eatright.org to schedule an interview.

Kids Eat Right Month on Social Media

- Follow Kids Eat Right on [Facebook](#), [Twitter](#), [Google+](#), [YouTube](#) and [Pinterest](#)
- Follow and use the "#KidsEatRight Month" hashtag on Twitter, Facebook and Google+

Blogging Kids Eat Right Month™

- Blog about Kids Eat Right Month™, post the Kids Eat Right Month™ badge ([Large](#); [Small](#)) to your blog
-

How Can YOU Promote KER?

- Be vocal & get active
- Get social
 - Facebook
 - Twitter
 - Google+
 - Pinterest
 - LinkedIn
- Reuse, Repin, Retweet
- Share & personalize messages
- #kidseatright
- Educate
 - Presentations

Find & Follow

- Facebook
 - www.facebook.com/kidseatright
 - Twitter
 - www.twitter.com/kidseatright
 - Google+
 - <http://sm.eatright.org/GooglePlusKER>
 - Pinterest
 - <http://pinterest.com/kidseatright>
 - LinkedIn
 - <http://sm.eatright.org/LinkedIn>
-

Summary

- Professional Site
 - Resources at your fingertips
 - Public Site
 - Kids Eat Right Month
 - Shop Smart
 - Cook Healthy
 - Eat Right
 - Everyone plays an essential role in delivering the KER message
-

Kids Eat Right Toolkits

- Healthy Snacking. In a Nutshell.
- Healthy Breakfast. Everywhere You Go.
- Family Champions. One Change at a Time.
- Family Meals. Anytime. Anyplace.
- Myth Busters. For Parents.
- Hunger in Our Community. What We Can Do.
- Healthy Eating. From the Ground Up.
- Healthy Schools. It's a Team Effort.
- MyPlate. How Do I Rate?

SMART CHOICES

For a Healthy Planet



Future of Food Toolkit:

Smart Choices. For a Healthy Planet.

Kids Eat Right Toolkit Development

- Recruit content experts from DPGs
 - Conference call with content experts to discuss toolkit outline, suggested content, and timeline
 - Content experts divide the work; review each others' work
 - Academy Foundation reviews and edits slides; requests more information if needed
 - Knowledge Center reviews, provides suggested edits if needed, and approves the final content
 - Funder and DPG are acknowledged on the last slide of the presentation.
-

Healthy Eating From the Ground Up Toolkit

The Kids Eat Right *Healthy Eating. From the Ground Up.* toolkit contains presentations for three different audiences — parents, teens and elementary students. Each presentation consists of a ready-made PowerPoint presentation with leader notes, an activity and a handout.

All Kids Eat Right Campaign Members can access, download and use this new toolkit.

When giving a toolkit presentation, please be sure to state that you are a Kids Eat Right Campaign Member and a member of the Academy of Nutrition and Dietetics. Feel free to share that the information provided also supports First Lady Michelle Obama's Let's Move! initiative to end childhood obesity within a generation.

- [Parents Handout »](#)
- [Parents Presentation »](#)

- [Teens Handout »](#)
- [Teens Presentation »](#)

- [Elementary Students Handout »](#)
- [Elementary Students Presentation »](#)

The Kids Eat Right "Healthy Eating. From the Ground Up." toolkit was created in partnership with the Nutrition Entrepreneurs (NE) DPG. The toolkit was made possible by an educational grant from Kelloggs.



[View All Actions](#)

[View My Action Plan](#)

Additional Resources

See the [Kids Eat Right Program Resources List](#) for details about each of the following resources.

Toolkits and How-To Guides

- [Healthy Eating. From the Ground Up Toolkit](#)
- [Hunger in Our Community What We Can Do Toolkit](#)
- [Family Mealtime Toolkit](#)
- [Family Champions Toolkit](#)
- [Healthy Breakfast Toolkit](#)
- [Healthy Snacking Toolkit](#)
- [Campaign Member Toolkit](#)

Resources by Focus Area or Topic

Healthy Eating. From the Ground Up. For Parents

Plan for More Plant Foods



- Make a grocery list and plan meals
- Busy night strategies:
 - Crockpot, table top grill, Panini press, rice cooker for grains, cold meals
- Make ahead
 - Use the weekend to double recipes for later
 - Freeze meals for another day



Fruits and Vegetables



- Full of nutrients: folate, magnesium, potassium, dietary fiber, and vitamins A, C, and K.
- Reduce the risk of many chronic diseases: cardiovascular disease (heart attack and stroke) and certain cancers
- Low in calories and help with weight management



Healthy Eating. From the Ground Up. For Elementary Kids

Whole Grains



Can you name at least 2 whole grains?



Remember that whole grains give you the RIGHT kind of energy to stay focused in school and play with your friends all day!

Ready, Set, Go! Challenge



1. Write down a type of plant food you want to start eating more often.

Example: "I will eat vegetables."

2. Write down how often you will eat it.

Example: "Every day."

3. Write down how you will eat it.

Example: "With lunch and dinner."

Challenge:

***"I will eat vegetables every day
with lunch and dinner."***



Healthy Eating. From the Ground Up. For Teens

Fun Foods From The Ground Up



Snack Attack!

- PBB Bites
- Fruit & Cheese Kabob
- Ants on a Log
- Homemade Trail Mix
- Hummus Dip



Dinner Delights!

Vegetable Lasagna
Minestrone Soup
Stir Fry

Jeopardy



1. Divide into two teams.
2. Raise hand to answer.
3. Answer in a question format.
4. 1 point for each correct answer
5. Most points win!

Example Statement and Answer:

I am a yellow fruit on the outside and a white fruit on the inside.

Answer: What is a banana?

DPGs represent!

Dietitians in Business and Communications

a dietetic practice group of the
Academy of Nutrition and Dietetics



Food & Culinary Professionals

a dietetic practice group of the
Academy of Nutrition and Dietetics



Nutrition Education for the Public

a dietetic practice group of the
Academy of Nutrition and Dietetics



Nutrition Entrepreneurs

a dietetic practice group of the
Academy of Nutrition and Dietetics



Hunger and Environmental Nutrition

a dietetic practice group of the
Academy of Nutrition and Dietetics



Pediatric Nutrition

a dietetic practice group of the
Academy of Nutrition and Dietetics



Public Health/Community Nutrition

a dietetic practice group of the
Academy of Nutrition and Dietetics



Latinos and Hispanics in Dietetics and Nutrition

a member interest group of the
Academy of Nutrition and Dietetics



School Nutrition Services

a dietetic practice group of the
Academy of Nutrition and Dietetics



Sports, Cardiovascular and Wellness Nutrition

a dietetic practice group of the
Academy of Nutrition and Dietetics



Weight Management

a dietetic practice group of the
Academy of Nutrition and Dietetics



Kids Eat Right mini-grants



\$176,950 awarded
868 mini-grantees
2,172 presentations
57,838 people reached

Mini-Grant Opportunities-sample



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presents...

Kids Eat Right Mini-Grants

Mini-Grant Application for

Kids Eat Right Campaign Members

Application due by email September 20, 2013

Name (last)	Name (first)	Credentials	Academy #

Check payable to	Mailing Address	City	State	Zip

Phone	Email

<input checked="" type="checkbox"/>	(X) Resume is included in email as a separate attachment.
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<input checked="" type="checkbox"/>	(X) I am a Kids Eat Right Campaign Member. <i>Please note: the mini-grant is only open to Academy of Nutrition and Dietetics Kids Eat Right Campaign Members. To join, please go to: www.kidseatright.org/volunteer.</i>
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Sarah Smith, RDN (California)

I really enjoyed using the teen presentation from the "Healthy Eating. From the Ground Up." toolkit in a high school classroom setting. The toolkit had a lot of great facts about phytochemicals and how to get more of them in your diet. The teens were very surprised and impressed with all of the benefits plant based foods had to offer. I really enjoyed answering all of their questions.



Kristen Alfonsi MS, RD, LD (Illinois)

I presented "Healthy Eating. From the Ground Up." to 3rd graders. The students were truly engaged in the presentation and asked lots of good questions. I also gave them a chance to try blood oranges and flavored water (cucumber/lime and pear/apple). It was amazing to see the students trying new things and being excited about whole foods. Thank you Kids Eat Right for providing the grant to make this possible!



**Dorothy Lauren O'Connor, MS, RDN
(California)**

The Kids Eat Right Healthy Eating-from the Ground Up toolkit was an ideal presentation for elementary school students. Using the school garden as a medium, I was able to add in exercises to compliment the lesson with hands-on participation. The toolkit is concise, informative and a perfect backbone for all my workshops. I had quite a gap between my two age groups (fourth grade and kindergarten), so the toolkit suggestion for engaging younger kids was very helpful.

Other Mini-Grantee Comments

"I loved that everything was sent to us and ready to use. I love going out into the public to talk about healthy eating, but I can't always find the time to throw a whole presentation together."

"A lot of information presented in a simple, understandable manner."

"The elementary student PowerPoint was simple and got the kids up and moving and was really great in explaining things at a child's level. Also, the hand outs were very age-appropriate and all the children were easily able to answer the questions."

"I liked the ideas on how to incorporate more plant-based foods in the diet. I liked that the meals ideas were broken down into breakfast, lunch, dinner, and snacks. I also liked the handouts, both for parents and teens. Teens loved the jeopardy game and I liked how excited they were about the game."

Summary

- ✓ KER presentations are formulated by RDs
 - ✓ Presentations undergo a stringent process of collaboration, creation and approval
 - ✓ They are meant to reach the public through KER campaign members
 - ✓ Mini-grants are available to RDs as an incentive
 - ✓ The goal: utilize the toolkits within your community!
-

Welcome to Kids Eat Right

Thank you for enrolling to be a Campaign Member for Kids Eat Right. Campaign Members are the on-the-ground force behind Kids Eat Right and the quality nutrition approach to childhood obesity prevention — supporting the goals and tactics of the Academy's strategic plan and First Lady Michelle Obama's Let's Move! initiative to end childhood obesity within a generation.

Review the focus areas and list of actions below to build or update your personal Kids Eat Right Action Plan.

Monday Messages

Monday Messages are distributed weekly via e-mail to registered campaign members, but did you know they are also posted here, on our Facebook page (www.facebook.com/KidsEatRight) and on Twitter (twitter.com/kidseatright)?

RD Parent Empowerment Program

The RD Parent Empowerment Program is available in English, Spanish, or Chinese, along with supporting, downloadable documents. [View here »](#)

NEW! Empowered Parents for School Wellness

The 1½ hour parent workshop, "Empowered Parents for School Wellness" is now available for Kids Eat Right members to download and use in schools in their own communities. [View here »](#)

Download Toolkits:

Kids Eat Right Toolkits

- MyPlate. How Do I Rate? (Available in Spanish!)
- Healthy Schools. It's a Team Effort.
- Healthy Eating. From the Ground Up Toolkit
- Hunger in Our Community What We Can Do Toolkit
- Family Meals. Any time. Any place. Toolkit
- Family Champions. One Change at a Time
- Healthy Breakfast. Everywhere You Go
- Healthy Snacking. In a Nutshell Toolkit
- Myth Busters Toolkit

Future of Food Toolkits

- Smart Choices. For a Healthy Planet.

Access the Kids Eat Right Tip Sheets



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Academy of Nutrition and Dietetics Foundation

Kids Eat Right Actions List

Actions are organized by Focus Area. View the complete details of any action by clicking on its title. If you have added the action to your plan, you will also be able to report your progress.

To view your selected actions, select "View My Action Plan."

[View My Action Plan](#)

(15 actions selected)

Your Actions Make a Difference

By choosing to participate, you are volunteering your expertise to promote healthy eating and prevent childhood obesity in public education projects and other programs. Your support helps further the Kids Eat Right initiative's objectives to:

- Participate in community and school efforts to prevent and eliminate childhood obesity
- Educate children, families, communities and policy makers on the importance of high-quality, nutritional foods in childhood obesity prevention efforts
- Support the recommendations of the White House Childhood Obesity Task Force, with a special focus on parents and schools

Campaign Members who work hard to promote

MyPlate. How Do I Rate?

- For Parents of 2-5 Year Olds
 - (Also in Spanish!)
- For Parents of 1st-5th Graders
 - (Also in Spanish!)
- For Health Professionals of 2-5 Year Olds
- For Health Professionals of Children in 1st-5th Grades

MyPlate. How Do I Rate?

For Parents of 1st-5th Graders

Vary your veggies:

- Invite your child to help in the kitchen
- Keep raw, cut-up vegetables handy
- Try bean dips, guacamole, & mild salsa
- Grow a vegetable garden

Yummy Yogurt Dip

1 c. plain low-fat yogurt
1 c. light mayonnaise
1 tsp. salt-free seasoning



MyPlate. How Do I Rate?

For Health Professionals of 2-5 Year Olds

Dairy



- Why eat dairy foods? Dairy foods build strong bones and teeth for growing children.
- What foods are in the dairy group? Milk, yogurt, cheese, and foods made with milk.
- What are some tips for parents?
 - Choose fat-free or low-fat milk, yogurt, and cheese
 - Fruit and yogurt or low-fat cheese and whole wheat crackers
 - Yogurt dip with fruits and veggies
 - Smoothie



MyPlate. How Do I Rate?

Parent Presentations Available in Spanish!

Beneficios de los Buenos Hábitos Alimentarios:



- Promueve un óptimo crecimiento y desarrollo
- Mantiene una buena salud
- Desayunar se asocia con un mejor desempeño escolar
- Se establecen hábitos y comportamientos alimentarios sanos que duran toda la vida



"I presented the Kids Eat Right toolkit on My Plate, How Do I Rate? to parents of fifth grade girl scouts. They had never seen the My Plate before so they were able to really learn useful information. The parents especially liked how simple the My Plate was to follow. I presented them with some options for proteins, grains and some new ideas to cook different vegetables so they could fill half the plate with this important food. Thank you for providing these valuable presentations to teach the community!"

-Lisa Zatcoff, DTR (Arizona)

Healthy Schools. It's a Team Effort.

For adults

KIDS eat right.
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Academy of Nutrition and Dietetics Foundation

Benefits of School Wellness

- + Academics
- + Behavior (all ages)
- + Positive attitudes
- + Gain food experience
(food literacy)
- + Less illness, absences
- + Staff satisfaction, stress
reduction



Healthy Schools. It's a Team Effort.

For teens

Breakfast Every Day²

Helps to
improve
focus,
concentration
& test scores

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"I was a Healthy Schools-It's a Team Effort mini-grantee. The students were very interested to learn about how to make their school healthier. They plan to start by expanding on their school garden!"

-Sarah Smith, RDN (California)

Hunger in Our Community. What We Can Do.

For adults



Hunger in Our Community. What We Can Do.

For teens

Youth-led solutions to end hunger

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- School breakfast and lunch programs
- Food banks
 - Find your local food bank and see how you and your friends can volunteer!

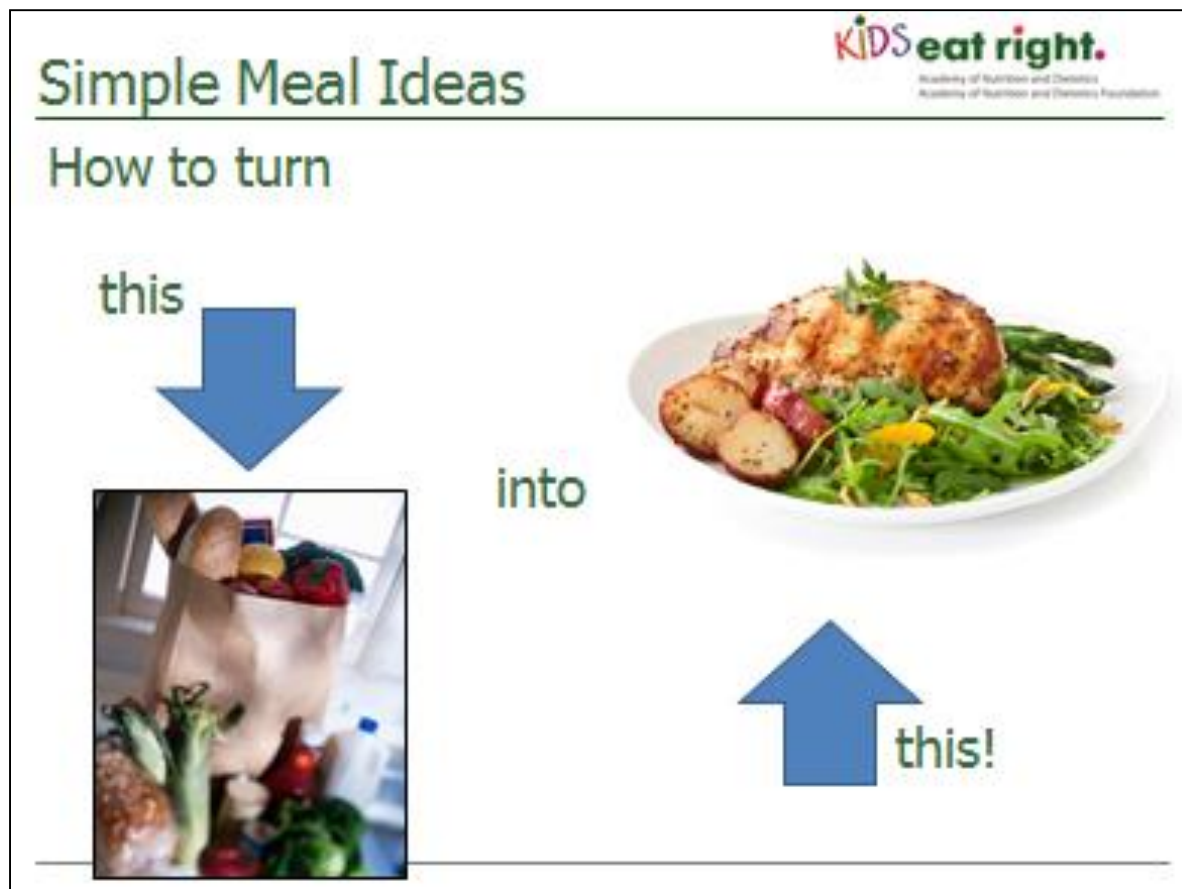


"Food insecurity looks different in every state. In Northwest Arkansas, it looks like 1 in 4 people. I applied for the Hunger in Our Community mini-grant to coincide with a new student led food pantry at a local high school. I was able to reach students, teachers, and administrators and together we've raised awareness for something very real in our community. It was a great experience and I look forward to doing more with Kids Eat Right in the future."

-Monica Stewart, RD, LD (Arkansas)

Family Meals. Anytime. Anyplace.

For parents



Family Meals. Anytime. Anyplace.

For teens

Family Mealtime is
important to teens

60-65% of teens agree that:

- It's important that our family eats meals together.
- Mealtime is a time for talking with family.
- Eating family meals is enjoyable.

BUT, 60-65% of teens also say that:

- Having different schedules makes it hard to eat together.



“I’ve enjoyed highlighting simple ways to bring families around the dinner table by using the Kids Eat Right Family Meals toolkit.”

-Linda Ashley Mitchell, RD, LD (Iowa)

Family Champions. One Change at a Time.

For parents

Family Champions. One Change at a Time.

10 No-Recipe Entrees!

Keep these nutrient-rich staple foods on hand for quick, easy, and healthy dinners!

In your cupboard:

Canned beans: low-fat refried beans, black beans
Canned tuna packed in water
Canned petite diced tomatoes
Canned chopped green chilies
Canned pineapple chunks or tidbits, in its own juice
Chili powder or no-sodium chili seasoning packet
Instant Brown Rice

Garlic powder or fresh garlic

Non-Stick cooking spray

In your refrigerator:

Light mayonnaise
Low-fat or reduced fat cheddar cheese, shredded
Part-skim mozzarella cheese, shredded
Eggs
Veggies of choice (i.e. red onion, celery)

Whole wheat or corn tortillas

Whole wheat English muffins

Low-sodium Teriyaki sauce

In your freezer:

Frozen stir-fry vegetables
Frozen bell pepper strips
Frozen vegetable medley
Frozen corn
Frozen lean meats, raw (for example, chicken tenders, 95% lean beef, lean pork, or fish)

Meal #1 Bean and Cheese Burritos Whole wheat or corn tortillas Canned low-fat refried beans Chili powder or no-sodium chili seasoning packet Low-fat or reduced-fat cheddar cheese, shredded Light sour cream or plain yogurt Can chopped green chilies	Meal #6 Stir Fry Frozen lean meat or cooked egg Frozen stir-fry vegetables Small canned pineapple chunks or tidbits, in its own juice, drained Instant brown rice Low-sodium Teriyaki sauce
Meal #2 Black Bean Veggie Fajitas Canned black beans Frozen bell pepper strips Whole wheat or corn tortillas Low-fat or reduced-fat cheddar cheese, shredded Light sour cream or plain yogurt	Meal #7 Rice & Beans Instant brown rice Canned black beans Canned tomatoes Frozen corn Part-skim mozzarella cheese, shredded
Meal #3 Pasta Whole wheat thin spaghetti Canned tomatoes Frozen vegetable medley Garlic powder or fresh garlic	Meal #8 Mediterranean Chicken Frozen chicken breast tenderloins (boneless and skinless) Canned tomatoes Garlic powder or fresh garlic Optional: whole wheat thin spaghetti
Meal #4 Veggie Quesadillas Whole wheat tortillas Part-skim mozzarella cheese, shredded Leftover veggies or cooked frozen bell pepper strips Non-stick cooking spray	Meal #9 Veggie Scramble Eggs Frozen bell pepper strips, cooked and diced Low-fat or reduced-fat cheddar cheese, shredded
Meal #5 Tuna Melt Canned tuna packed in water, rinsed and drained Light mayonnaise Whole wheat English muffin Low-fat or reduced-fat cheddar cheese, shredded Chopped veggies of choice, i.e. red onion, celery Garlic Powder	Meal #10 Teriyaki Chicken Frozen chicken tenders Low-sodium Teriyaki sauce Frozen vegetable medley Small canned pineapple chunks or tidbits, in its own juice Instant brown rice

Cook Healthy

Food and Nutrition Tips from Kids Eat Right

Get the Kids Involved!

Want your kids to eat healthier? Make it easier (and more fun!) to prepare fresh meals at home and eat fast food less often by involving your kids in the kitchen. Although popping a meal in the microwave might seem like the easiest option, it is not always the best one. Pre-prepared, microwaveable, or heat and serve entrees are often higher in sodium, fat and calories than freshly prepared meals. These tips will make you and your kids kitchen pros.



Allow your children to pick a recipe

Make a list of the ingredients, and check off the ones you already have. Shop together for the rest.

Make the rules clear

If you do not want your kids to touch the stove or knives, tell them so. When they are old enough, allow them to use the stove and sharp objects with your close supervision.

Give your kids appropriate tasks for their age and level of development

The following may be appropriate for the youngest children:

- Tear lettuce
- Rinse fruits, vegetables and canned beans that have been placed in a colander
- Add ingredients to a bowl

¡Compre bien!

Ideas para comidas y nutrición de Kids Eat Right

¡Busque ingredientes nutritivos!

Usted controla los alimentos que se preparan en su cocina. En la tienda de comestibles y en la cocina haga que sus comidas se concentren en torno a granos integrales, frutas y vegetales. Estos alimentos proveen los carbohidratos necesarios para el cuerpo en crecimiento y la energía necesaria para las actividades diarias de sus niños. Procure dar el buen ejemplo comiendo alimentos saludables.



Desayunos rápidos y excelentes

Los niños (y sus padres) se desempeñan mejor cuando comienzan el día bien con un buen desayuno. Compre desayunos nutritivos que le encantarán a la familia y que a veces puedan consumirse a la carrera:

- Cereal de avena (u otro cereal de trigo integral/de ajo contenido de azúcar)

Tentempiés sabrosos (dígame no a las patatas fritas, galletas o dulces)

Cuando se les ofrece a los niños tentempiés que son deliciosos y saludables se tiene una gran oportunidad para darles alimentos que contienen las vitaminas y minerales importantes que se necesitan para crecer bien. Provea la energía necesaria a sus niños con las frutas, vegetales, productos lácteos de poca grasa, proteínas magras

“The Family Champions parent cooking toolkit was very easy to use. I really liked the fact that the presentations were interactive and got participants involved. The handouts complimented the presentations nicely. The favorite was the “10 no-recipe meal ideas” handout. Participants commented how much they appreciated the “grocery list” already done for them—no thinking involved!”

-Erin Laurie, MS, RD, LD (Kansas)

Healthy Breakfast. Everywhere You Go.

Presentations for:

- Elementary Students
- Middle School Students
- High School Students
- School & Community Stakeholders

AGENDA

WHY

- Benefits and trends in breakfast

WHAT

- Types of breakfast served in schools

HOW

- State of breakfast in our schools

"The Kids Eat Right toolkit was extremely successful and the kids seemed to really benefit from it. It was an interactive way to learn about the importance of eating a balanced breakfast every day. Many of them had common barriers to this issue and shared ideas on how to combat them. I would recommend the Kids Eat Right toolkits to any dietitian looking for a quick and simple presentation on a variety of topics geared towards kids eating healthy."

-Chris Vogliano, MS, RD (Ohio)

Healthy Snacks. In a Nutshell.

10 Presentations!

Why are healthy snacks important?



- Provide us with energy between meals.
- Prevent us from over-eating at our next meal.
- Provide nutrients we need every day!



for worksites

Rule #7: Recover, Replenish, Rehydrate



After practice/game, encourage a snack or meal that is:



High in carbohydrate (not sugar)
Moderate to high in protein
Moderate in fat
High in fluid
Salty (if very sweaty)

Recent evidence suggests that adding protein at all meals and snacks for 24 hours posttraining is beneficial for muscle repair and growth.

for coaches

"As a nutrition educator at Georgia Southern University, rendering service to community of Statesboro, Georgia is a personal priority for me. My Nutrition and Health college students and I presented information from the Healthy Breakfast and Healthy Snacking toolkits to students in the after-school care programs during National Nutrition Month. This opportunity to teach students in my community has helped me to continue to develop leadership skills essential for a healthcare professional, and I treasure the opportunity of sharing my knowledge and experiences in the field of dietetics with my students."

-Rachel Hermecz, MS, RD, LD (Georgia)

Mythbusters

For parents

Be a Role Model for Your Children



Myth # 4: My kids won't eat that.

Myth Buster:
**Be a Role Model for
Your Children**

*Show your family how to
savor their favorite higher-
calorie foods and
beverages, occasionally,
by enjoying smaller
portions together.*



"As a new RD last year, I decided to give back to the schools that gave me so much while I was a student there. I presented the "MythBusters" presentation at my former grade school's PTA meeting. I also presented the "Healthy Snacking for the Teen Athlete" to my former high school football team. Both audiences received the information well and were very excited about them!"

-Anthony DiMarino, RD, LD (Texas)

Smart Choices. For a Healthy Planet.

For adults/mature teens

Smart Choices. For a Healthy Planet.

3 important keys for success:



Getting enough food



Getting the right foods



Protecting our planet

Decisiones Inteligentes. Por un Planeta Saludable.

3 claves para el éxito:



Obtener suficientes alimentos



Obtener los alimentos correctos



Proteger nuestro planeta

"The Smart Choices. For a Healthy Planet. toolkit was presented to two groups of high school students and provided them with a better understanding of the impact of hunger in the U.S. and internationally and also on how improvements in agriculture have improved our lives. Even more importantly it helped students to identify ways that they could improve food availability and accessibility in the community. Students were very interested in this topic, asked a lot of questions, and walked away with great ideas for improving the health of their community with good nutrition and sustainable practices."

-Courtney Terryn, BS (Michigan)

9 Kids Eat Right Toolkits

33 Presentations

- 20-minute PowerPoint presentations
- Suggested 10-minute activities
- Notes pages
- Coordinating handouts



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RD Parent Empowerment Program

- Statistically significant improvement in parent reported behaviors
- Program guidebooks now available to all Academy members in English, Spanish, and Chinese



Kids Eat Right Tip Sheets

Welcome to Kids Eat Right

Thank you for enrolling to be a Campaign Member for Kids Eat Right. Campaign Members are the on-the-ground force behind Kids Eat Right and the quality nutrition approach to childhood obesity prevention — supporting the goals and tactics of the Academy's strategic plan and First Lady Michelle Obama's *Let's Move!* initiative to end childhood obesity within a generation.

Review the focus areas and list of actions below to build or update your personal Kids Eat Right Action Plan.

Monday Messages

Monday Messages are distributed weekly via e-mail to registered campaign members, but did you know they are also posted (and archived) here, on our Facebook page (www.facebook.com/KidsEatRight) and on Twitter (twitter.com/kidseatright)?

RD Parent Empowerment Program

The RD Parent Empowerment Program is available in English, Spanish, or Chinese, along with supporting, downloadable documents. [View here »](#)

Download Toolkits:

- [Healthy Schools. It's a Team Effort.](#)
- [Healthy Eating. From the Ground Up Toolkit »](#)
- [Hunger in Our Community What We Can Do Toolkit »](#)
- [Family Meals. Any time. Any place. Toolkit »](#)
- [Family Champions. One Change at a Time »](#)
- [Healthy Breakfast. Everywhere You Go »](#)
- [Healthy Snacking. In a Nutshell Toolkit »](#)
- [Myth Busters Toolkit »](#)

Access the Kids Eat Right Tip Sheets

- [New! How to Talk to Your Child About Weight](#)
- [New! Sleep and Your Child](#)
- [New! Feeding "Picky Eater" Preschoolers](#)
- [Simple Facts about School Meals](#)
- [Hunger and Obesity: How is it Possible?](#)
- [Eat Right, Move More](#)
- [Healthy Tips for Meatless Meals](#)

Kids Eat Right Actions List

Actions are organized by Focus Area. View the complete details of any action by clicking on its title. If you have added the action to your plan, you will also be able to report your progress.

To view your selected actions, select "View My Action Plan."

View My Action Plan

(14 actions selected)

Your Actions Make a Difference


By choosing to participate, you are volunteering your expertise to promote healthy eating and prevent childhood obesity in public education projects and other programs. Your support helps further the Kids Eat Right initiative's objectives to:

- Participate in community and school efforts to prevent and eliminate childhood obesity
- Educate children, families, communities and policy makers on the importance of high-quality, nutritional foods in childhood obesity prevention efforts
- Support the recommendations of the White House Childhood Obesity Task

Kids Eat Right Tip Sheets

Access the Kids Eat Right Tip Sheets

- * New! How to Talk to Your Child About Weight
- * New! Sleep and Your Child
- * New! Feeding "Picky Eater" Preschoolers
- * Simple Facts about School Meals
- * Hunger and Obesity: How is it Possible?
- * Eat Right, Move More
- * Healthy Tips for Meatless Meals



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Eat Right

Food, Nutrition and Health Tips from Kids Eat Right

Feeding "Picky Eater" Preschoolers


For Parents and Childcare Providers of
"Picky Eater" Preschoolers

Eliminate "Picky" Eaters!

Preschool children can seem like "picky" eaters. It can take offering preschoolers a food several times before they will try it.^{1,2} This is normal. Do not label your preschooler as a "picky eater."³ Here are some tips to get preschoolers interested in trying new foods.

Tips:

- * **In the kitchen:** Children involved in preparing foods may be more willing to try (and like!) them.⁴ Keep a small stool or chair handy so that you can teach preschoolers to:
 - Wash produce
 - Stir foods
 - Arrange fresh fruit and veggie platters
- * **At the table:** Relax!

Choose**MyPlate**.gov

Serve it Up Special

Most children do not eat enough of the five food groups:

In Summary:

- Academy members can join Kids Eat Right, utilize resources, and spread the word!



Join: www.kidseatright.org/volunteer | Promote: www.kidseatright.org

Join the Kids Eat Right community on social media!



In Summary:

- Kids Eat Right develops ready-made toolkits utilizing experts in the field and approved by Knowledge Center.

Plan for More Plant Foods

- Make a grocery list and plan meals
- Busy night strategies:
 - Crockpot, table top grill, Panini press, rice cooker for grains, cold meals
- Make ahead
 - Use the weekend to double recipes for later
 - Freeze meals for another day



In Summary:

- Kids Eat Right has many member-only resources, including toolkits, tip sheets, and mini-grant opportunities.

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Family Meals.
Anytime. Anyplace.



For Parents



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Eat Right

Food, Nutrition and Health Tips from Kids Eat Right

Feeding "Picky Eater" Preschoolers

For Parents and Childcare Providers of
"Picky Eater" Preschoolers

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presents...

Kids Eat Right Mini-Grants

Mini-Grant Application for
Kids Eat Right Campaign Members
Application due by email September 20, 2013

Name (last)	Name (first)	Credentials	Academy #
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Check payable to	Mailing Address	City	State	Zip
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Phone	Email
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☒ Resume is included in email as a separate attachment.

☒ I am a Kids Eat Right Campaign Member.
Please note: the mini-grant is only open to Academy of Nutrition and Dietetics Kids Eat Right Campaign Members. To join, please go to: www.kidseatright.org/volunteer.

Thank You!

Join:

www.kidseatright.org/volunteer

Promote:

www.kidseatright.org

Email:

kidseatright@eatright.org

Questions?



Academy of Nutrition and Dietetics
Webinar Site Roster

August 19th – Kids Eat Right

Please note: Instead of this paper attendance roster, you can do an online attendance roster at

<http://www.surveymonkey.com/s/WebinarGroupRoster>

On the online roster, you will be asked to provide each attendee's name and Academy/CDR number.

OR, if you prefer to use this paper form, please fill out the

following: SITE registered under chairperson:

Email: _____

Phone: () _____

Academy Member NAMES	RDN/DTR	Academy Member #
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Questions can be directed to the Academy's Professional Development Team: Phone: 312/899-4895