

## Build Healthy Kids®

### Changing Children's Diets and Exercise Patterns One Choice at a Time

*Build Healthy Kids*® (BHK) program is a step-by-step guide for bringing up healthy and active eaters in the school system without taking away precious curricula time. It focuses on twelve national nutrition and exercise recommendations; one each month. **Each of the 12 building blocks is based on current recommendations of the American Academy of Pediatrics, the American Heart Association, and the Dietary Guidelines for Americans 2010.** Build Healthy Kids® brings together the nutrition messages children hear and see in their classroom, cafeteria, and home.

A monthly, 2-sided newsletter is available for children in grades K through 5. The newsletter focuses on one monthly nutrition or exercise building block with instructions for:

- **TEACHERS:** Links to approved nutrition curricula that supports that month's theme
- **FOOD SERVICE PERSONNEL:** Tips to focus on highlighting that month's food to increase sales
- **PARENTS:** Guidance for parents to help make the change at home
- **KIDS:** One side of the newsletter will be devoted to speaking to the child and the other side has instructs for adults.

This curriculum outline works on a yearly schedule allowing for drop-in at any point in time. **Build Healthy Kids® is a great program to get parents involved; it is an optional program for teachers, and each topic can be woven into existing classroom curricula; it also encourages cafeteria sales.**

<u>Month</u>	<u>BHK Monthly Topic</u>	<u>National Health Themes</u>
September	Grains	Whole Grains Month
October	Vegetables	National Farm to School Month
November	Treats	National Diabetes Month
December	Calcium/Vit D	Cold/Flu Season
January	Protein	
February	Fats	American Heart Month
March	Soda/Juice	National Nutrition Month
April	Sedentary	National Turn Off TV Month
May	Sodium	High BP Education Month
June	Fruit	National Fruit and Vegetable Month
July	Exercise	
August	Involve Kids	Family Meals Month

#### **Schools involvement:**

- Distribute monthly newsletter to students in grades K to 5
- Teachers may call into a monthly teleconference or listen to a podcast during school hours
- Food service personnel can highlight the monthly theme: focus on fruit for example; taste testings
- Put up banners and poster around school and posters in classrooms
- Teachers can weave the current monthly theme into existing classroom materials (optional and at the teachers discretion).

**Funds Needed**

- Newsletters and monthly outline for white boards are free. There is a minimal cost for the teleconference per school no matter how many teachers call in (\$99/school year)
- Signage is available for classrooms, hallways and the cafeteria. Contact Dr Deb for pricing and more information 203-430-4899 [\*survey monkey is available at no cost to determine change in diet]

Example of 2 monthly signs to be used in the cafeteria, hallway or classroom

# Eat 3 Vegetables a Day



Green and orange vegetables have **SUPER** powers!

French fries, pizza and ketchup

**DO NOT**

count as a vegetable!



Eat a vegetable at lunch, snack and dinner!



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# Whole Grains are Best

Look for **WHOLE WHEAT** as the 1st ingredient in bread, rolls and pasta!



Eat at least **3** servings of whole grains a day!

Buy whole grain **CEREAL** with  
"whole oats, corn, brown rice, whole wheat!"



= fiber, vitamins  
and super nutrients!



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