



To Teachers,

I know that you have a lot on your plate with the curricula you currently teach, which is why I created a nutrition program that can serve as an outline for you. Build Healthy Kids® is built so that you are in charge of introducing nutrition concepts into your class time or not. It is not a curriculum per se but rather it is an outline for you to follow. I was astonished to see that if you wanted to introduce nutrition into your classroom schedule that you had to sort through hundreds of items on your local and national websites. I made it easier for you by culling through the available resources and serving them up to you one at a time.

What is Build Healthy Kids® (BHK)?

Build Healthy Kids® is a nutritional education framework designed by myself, Dr. Deborah Kennedy, to enhance nutrition and physical fitness education among children. The program's foundation is built on learning one healthful diet or exercise behavior at a time before moving on to the next. The program focuses on twelve national nutritional and exercise recommendations, one each month and are based on recommendations from the American Academy of Pediatrics, the American Heart Association, and the Dietary Guidelines for Americans 2010. Each month a newsletter can be sent home to each student either by backpack or email.

The mission of Build Healthy Kids® is to organize and compile the nutrition messages children are exposed to in the classroom, cafeteria, community, and home to promote healthy eating and lifestyle. The newsletter serves as a teaching tool for the classroom, cafeteria and home, as well as the community at large. For more information go to [BuildHealthyKids.com](http://BuildHealthyKids.com)

The program is designed to be used in conjunction with your current school curriculum as well as any nutrition curricula that you are currently teaching. The program is easy to follow and requires limited resources. You decide whether or not you weave the monthly message into your current classroom curricula. Over the school year the Build Healthy Kids® program will focus on these nine nutrition-related recommendations:

<b>Month</b>	<b>Theme</b>	<b>National Health Theme</b>
October	Vegetables	National Farm to School Month
November	Limit Treats	National Diabetes Month
December	Calcium/Vitamin D	Cold/Flu Season
January	Healthy Protein	
February	Focus on Fat	American Heart Month
March	Soda/Juice	National Nutrition Month
April	Grains	
May	Reduce Sodium	High BP Education Month
June	2 Fruit a Day	National Fruit and Vegetable Month

How?

The program includes a monthly two-sided newsletter that can be sent home to families either through a student's backpack or by email. Signage in the form of cafeteria banners, and classroom posters are available to you, or you can choose to use your white board in which case the material will be emailed to you. A bi-monthly teleconference on that month's theme will be made available to you as well.

Who?

Build Healthy Kids® founder Dr. Deborah Kennedy has been at the forefront of nutritional studies and consumer awareness for almost two decades. Her experience ranges from pediatric nutrition and nutritional oncology to product development and kids' education programs. She has worked at Yale-Griffin PRC, Columbia, Tufts and Cornell Universities and has over 23 years of experience in the field. Dr. Deborah Kennedy is the author of *Nutrition Bites* and *Beat Sugar Addiction now for Kids*.

I invite you to make this program your own and to feel free to use it in any way that best meets your and your student's needs. Feel free to contact me with any questions that you may have at (203) 430-4899 or at [DrDeb@Buildhealthykids.com](mailto:DrDeb@Buildhealthykids.com)

In health,

Deborah Kennedy (PhD)