



Sharing Nutrition Messages About Calcium and Protein Foods With Families

Nutrition experts agree that most young children in the United States get enough protein in their diets, but too many don't get enough calcium. The send-home materials and activities in this unit can help educate families about the importance of including calcium-rich dairy products in children's daily diets. They will also answer questions about topics such as how many servings from the meat group children need and food allergies to milk, eggs, and peanuts.

Host a Food and Fun Family Exercise Event

Promote family exercise with an evening or weekend get-together at your program that includes simple movement activities and a nutritious snack. Use the rhyme on the Eat Play Grow poster and lead children and adults in simple stretches, bends, arm circles, hopping and running in place, and more. Remind everyone to dress in loose clothing and comfortable shoes. For an after-workout snack, offer make-your-own "Merry Berry Sundaes".