



RHODE ISLAND WELLNESS-WISE

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NUTRITIONAL TIPS & NEWS FOR PARENTS

2009 Vol. 1, No. 4

GET KIDS INVOLVED IN MEAL PLANNING

Talk to kids about making healthy choices and planning balanced meals.

At the store, help your child look at food labels to begin understanding nutritional values.

The mealtime habits you help create now can lead to a lifetime of healthier choices.

Give children a small list of their own. Let them choose the cereal or after-school snacks and drinks they like.

Teach cost comparison skills by making them give you an update on their choices and why it was the best value.

LET'S GO SHOPPING!

Getting ready to go shopping can help parents and children share their thinking strategies about math with one another.

Improve your child's ability to predict amounts by practicing measurement.

If you collect coupons, organize them. Choose the coupons that match the items on the gr list. Discuss how much money will be saved on various items by using coupons.

Involve the group in deciding how much milk or juice will be needed for a week. You might decide to estimate by cups, explaining that four cups are equal to a quart and four quarts are a gallon.

Involve the family in making a list. List each item and mark with checks or tallies to indicate the number needed.

PARENT POINTER

Eat the following types of foods for a balanced breakfast:

1. Whole grains for ener and fiber
2. Fruit for even more fiber and for vitamin power
3. Protein for lasting energy

