How can I get more involved with meals at my child’s school?

Start a Conversation

- Let people at school know this issue is important to you. Contact your district to find out how you can support school lunch. Email, call, or introduce yourself to the district’s food service director and/or the food service manager at your child’s school. Ask who is working on ways to improve food or physical activity options and how you can help.
- Review the school menu or ask your child what is being served. Talk to your child about school lunch—what they like, what they don’t like, what “healthy” means to them.
- Engage other parents to support the school nutrition program. Invite the district food service director or other members of the school food service team to a PTA meeting.

Sign up – Join in

- Volunteer for a project or join a parent’s committee on wellness. Get on the agenda at the next parent’s association meeting.
- See if there are ways parents can work together with school food service staff to improve school meals.

Let Your Kids See You Making Healthier Choices

- Be their role model for healthy foods and physical activity at home and school.
- Feed your child more fruits, vegetables, and whole grains at home so they are familiar with them at school.

Make Fundraisers Healthier

- Instead of the usual candy and dessert foods, how about selling fresh fruit or holding a car wash or walkathon? Healthier choices can work just as well and are better for everybody.

See for Yourself

- See the improvements to school lunches firsthand—have lunch at school one day with your child. Take advantage of any “Take Your Parent to Lunch” events that your school is holding, or check with administrators and/or food service directors to see what the policy is about parents dropping in for lunch.
- If they aren’t already, encourage your child’s school to participate in National Take Your Parents to Lunch Day on October 16 (see http://myhealthyschool.com/lunchday/)

Resources for You

- Be a Healthy Role Model for Children MyPlate Tip Sheet
- Kid Friendly Fruits and Vegetables MyPlate Tip Sheet
- Cut Back on Your Kid’s Sweet Treats MyPlate Tip Sheet
- ISU Extension Say Yes to Family Meals
- ISU Extension Non-Food Fundraiser Ideas
- Suggested Classroom Snack List