

# Parents **for** Healthy Kids

## Empowering Parents to Create Healthy Schools

Students who have daily access to healthy foods, nutrition education and physical activity gain lifelong healthy habits and are better prepared to learn and succeed academically. Parents play a crucial role in helping schools become healthier places where children thrive.

### Wondering where to start?

Parents for Healthy Kids provides parents and parent-led school groups with the support they need – including an online hub, school grants, and trainings – to become effective change agents in school health and wellness. You will find support, inspiration, tools and guidance to help you get involved in your child’s school health initiatives and have a positive impact, no matter your level of knowledge or experience.



### At [ParentsforHealthyKids.org](https://ParentsforHealthyKids.org), parents can:

- Learn how to engage with school leaders and decision makers
- Get tips for starting a school health team
- Find ways to help bring more physical activity and healthy eating to the school day
- Share opinions, exchange ideas and connect with like-minded parents
- Be inspired by stories from parents nationwide

Additional opportunities for parents will include live trainings and workshops and grants for school-based health initiatives that include a parent engagement component and/or are led by a parent group.

Get started today at [ParentsforHealthyKids.org](https://ParentsforHealthyKids.org)

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