

Ideas for involving parents & whanau

One of the seven criteria for the Healthy Heart Award is parent/whanau education. Parents and whanau play an essential role in assisting children to develop positive feelings and lifelong attitudes to healthy eating and active movement. Centres are required to describe how they involve parents and whanau with their active movement and nutrition programmes, and also how they provide information to parents and whanau

Here are some ideas for engaging parents/whanau from centres that have achieved the Healthy Heart Award.

- Display learning stories on healthy eating or active movement for families to see.
- Invite families to share in or send along a plate for lunch. Try a theme – finger food for a picnic, colourful food, food in a particular shape (circles, squares, triangles), bring something never tried.
- If your families provide morning tea opt to give families a “week off”. Organise a different healthy snack each day and give the ideas and feedback from children to families.
- Instead of sending a cake for birthday celebrations encourage families to bring a long a fruit platter. As well as promoting colourful, healthy kai it also allows all children, including those with food allergies, to enjoy the celebration.
- A teacher saw an opportunity when she noticed new foods and new ways of presenting foods appearing in lunch boxes. As a result this centre now has an ongoing display of new healthier food choices and a lunchbox display of lunchbox ideas.
- A centre encouraged families to make sandwiches, giving them new ideas on fillings. This has worked really well and the amount of packaged food has dropped considerably.
- Do you have an edible garden? Celebrate your garden harvest with a garden party for whanau. You may want to make coleslaw, sandwiches, soup or vegetable platters with different dips.

Healthy Nibbles for Tots

Nutrition and physical activity Information for Under 5s

For more information visit: www.cph.co.nz

Date: July 2005

Code/Reference: NUT0022n

Authorised by: Nutrition and Physical Activity Team