



NATIONAL
Take Your Parents to
LUNCH DAYSM
BROUGHT TO YOU BY **kiwi**

Let's talk about lunch!

What does your child think about what's being served in the cafeteria? Ask him!

What's your favorite lunch to get at school?

Find out what he loves about it, and if he's leaving out a healthy component, look for ways for him to get the nutrients he needs. Expand the conversation, too: What do his friends like to eat? What would he eat if he could only eat one thing every day?

How do you choose what you eat in the cafeteria?

If she chooses the same thing every day, encourage her to occasionally mix things up to keep her taste buds from getting bored, and to make sure she's giving her body a variety of healthy nutrients. Before you head to her cafeteria, review the menu with your child to plan ahead for your visit—and for all lunches. Poor food choices are often the result of not taking time to consider all the lunch options beforehand.

What is your favorite vegetable on the school menu?

Instead of asking, "Do you like vegetables?" frame your discussion about veggies in a positive way. If he doesn't have an answer, then talk about ones worth trying, and encourage him to include one on his tray every day.

Are there things at school that you want me to try making at home?

Not only might you get some new ideas for dinner, but you'll find out more about the breadth of the school menu.

Do you eat everything on your tray?

Ask how much, and which foods, he typically leaves on his tray. Each item is there for a reason (veggies for fiber, a sandwich for protein,



dairy for calcium), so knowing what your child doesn't like or trades away will help you know what nutrients he needs by the time he gets home. (It's also the perfect opportunity to remind him how good, strong, and smart a healthy, balanced lunch will make him feel!) Plus, his answers will give you a starting point for discussing the lunch tray options with food service professionals.

Are you full after your meal at school?

If she's full, how full: Thanksgiving Day full or satisfied? She might be rushing through her lunch and not stopping to think about whether she's full, so encourage her to listen to what her body is telling her—if she feels full, it's okay to stop eating.

Is there anything that you want to eat at school that you don't see in the cafeteria?

Unless he says, "Candy bars!" you can use his ideas to talk to the food service provider about the menu options.

Do you have enough time for lunch?

In some schools, this can be a challenge. If it is for your child, start a conversation about it with your school's parent group. The timing for lunch is a big issue to tackle at many schools so you'll probably need support from other parents before talking to the principal.

