Kids Eat Right Fact Sheet

What is Kids Eat Right?

Kids Eat Right is a call to action to Academy members to become more involved in your community—with schools, parents and community groups, at worksites, with the media and with policy makers about the importance of quality nutrition. The goals of Kids Eat Right are:

- Academy members take actions to improve nutrition and physical activity in communities, schools and with families.
- Childhood obesity prevention and health promotion efforts address the total nutrient requirements of all youth.
- Registered dietitians are sought after and provide evidence-based nutrition guidance supporting quality nutrition and healthy weights.

What are the benefits of joining Kids Eat Right?

- The members-only website provides access to many Academy-developed, quality resources, and nutrition education toolkits. Toolkits are complete with ready-made presentations, handouts, and activities for a variety of audiences. There are nine toolkits with 30 presentations for a variety of adult and child audiences. Topics include:
  - MyPlate. How Do I Rate? (Also in Spanish!)
  - Healthy Schools. It’s a Team Effort.
  - Healthy Breakfast. Everywhere You Go.
  - Healthy Snacking. In a Nutshell.
  - Family Champions. One Change at a Time.
  - Myth Busters. For Parents.
  - Hunger in Our Community. What We Can Do.
  - Healthy Eating. From the Ground Up.
- To assist with your social media impact, all Campaign Members receive the Monday Message e-newsletter each week which contains the latest Kids Eat Right tips, articles, recipes, and/or videos.
- Campaign Members are eligible for periodic Kids Eat Right mini-grants (over $140,000 has been awarded!)
- Select Campaign Members are highlighted on the Foundation website as Everyday Heroes at: http://www.eatright.org/Foundation/
How do I join Kids Eat Right?
Join Kids Eat Right at: www.kidseatright.org/volunteer. By joining, you’ll have access to a members-only website that lists suggested actions and resources to help you in taking those actions. There are actions and resources for promoting school change, community outreach, worksite wellness, media action, and influencing policy. You can select one or several actions.

How much time does it take?
Actions vary from a one-time commitment, such as sending an email to a media outlet, or giving a presentation, to longer commitments like becoming involved in a community coalition. You can be as involved as you’d like.

I want to work with adults. What can I do?
It is important to reach parents and community stakeholders with the right messages to help ensure quality nutrition for all kids. Kids Eat Right has presentations for parents or adults in every toolkit to help members share the message.

Anything Else I should Know?
Kids Eat Right also has a website for the public at: www.kidseatright.org. This website includes tips, articles, recipes, and videos designed to help busy families shop smart, cook healthy, and eat right. All content is provided by Registered Dietitians. Please share this website with your colleagues, clients, and friends. Nearly 3 million visitors have accessed www.kidseatright.org!

Campaign Members—Every Day Heroes!
Kids Eat Right Campaign Members are making an impact across the U.S., like this one:

August 2014—First Annual Kids Eat Right Month!

Join: www.kidseatright.org/volunteer
Promote: www.kidseatright.org

“I thoroughly enjoyed using the Family Meals toolkit to help get several neighborhood moms excited to make healthy family meals a priority. Thanks for the great toolkit, I hope to use it many more times!”
-Kate Kinne, RD, LD (Illinois)