



RD Parent Empowerment Program

Registered Dietitians (RDs) Empowering Parents

The **RD Parent Empowerment Program** focuses on helping parents develop the skills and confidence to make practical and impactful healthy family behaviors.

Developed by the Academy of Nutrition and Dietetics Foundation in collaboration with Healthy Children Healthy Futures, and funded by MetLife Foundation, this unique program brings the expertise of Registered Dietitians (RDs) into school and community settings to educate and empower parents to improve their families' eating and physical activity habits and to influence their peers to do the same.

The **RD Parent Empowerment Program** features the highly-successful, evidence-based *8 Habits for Healthy Children and Families™* [See side box].

Parent Workshops

RDs facilitate four dynamic and interactive monthly parent workshops. Each themed workshop includes actionable steps, lively group discussion, a hands-on cooking and tasting activity and a parent pow-wow—an opportunity for parents to talk with other parents and with the RD for additional support and conversation.

School and Community Support

Schools and community sites are key partners in promoting the workshops, engaging parents, and supporting the program. Thanks to the support of our community partners in Chicago, Houston, New York, San Francisco, Tennessee, and Washington, D.C. for making this program a great success over the past three years.



Academy of Nutrition and Dietetics
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8 Habits of Healthy Children and Families™

1. Be physically active at least 1 hour a day.
2. Spend less than 2 hours a day playing video, computer, and cell phone games or watching TV.
3. Eat a healthy breakfast every day.
4. Eat vegetables and fruits at all meals and snacks.
5. Make time for healthy family meals at home.
6. Be wise about portion size.
7. Drink water, low-fat, or fat-free milk instead of soft drinks and other sweetened beverages.
8. Ensure regular bed time for your children and teens to include at least 9 hours of sleep every night.

Parent Guidebooks

The **Parent Guidebook** enhances the workshop content and provides additional useful information for parents. The Parent Guidebooks are now available in English, Spanish, and Chinese.

RD Parent Empowerment Program Materials Available

The RD Parent Empowerment workshop outlines and parent guidebooks will be available for Academy Kids Eat Right members to download free of charge at www.kidseatright.org/volunteer.

Kids Eat Right

The **RD Parent Empowerment Program** is part of the Academy of Nutrition and Dietetic Foundation's *Kids Eat Right* initiative. To-date, over 4,500 Academy members have enlisted as Kids Eat Right campaign members, taking actions in communities and schools across the United States to promote quality nutrition for all kids.

Parents are encouraged to visit the Kids Eat Right public website,

www.kidseatright.org, which is full of helpful tips, articles, recipes, and videos to help busy families shop smart, cook healthy, and eat right.