

# Parents do your part and give your students a healthy start!



Your days of packing your student's lunch is long gone and now they have to fend for themselves. It is natural to worry about your student's first year of college and making certain that they are eating nutritious, nourishing meals is probably right at the top of your list. Follow these tips to ensure that your student has the basic knowledge and skills necessary to make healthy and wholesome food choices on their own.

## ◆ Cook together!

Try different recipes that your student will most likely eat in college i.e., salads, wraps, sandwiches and pastas...be sure to include plenty of fruits and vegetables with each meal to encourage fruit and vegetable selections when they make their own food choices.



- ◆ Start or continue healthy eating practices at home— have breakfast every morning, drink plenty of water and carry snacks around for in-between-meal munching to keep the metabolism revving and the brain working!



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### Snack Ideas:

*carrots/apples/ celery and peanut butter, yogurt, trail mix, granola bars, fresh fruit*

- ◆ Practice portion control— 1/2 the plate should be vegetables or salad, 1/4 of plate starch and 1/4 of plate protein.

- ◆ Take your student food shopping a couple of times. Introduce them to healthy cuts of meats (*white chicken breast, turkey, ham*), grains (*whole wheat bread, oatmeal, brown rice*), fruits and vegetables. When it comes to making healthy food choices, they can visualize what they saw during your shopping trip together.



- ◆ Have your student do the food shopping for the household— have *them* become familiar with the variety of selections each food group has to offer.
- ◆ Be adventurous and explore different ethnic cuisines: Japanese, Greek, Moroccan, etc...these types of foods are now frequently offered to all students.

