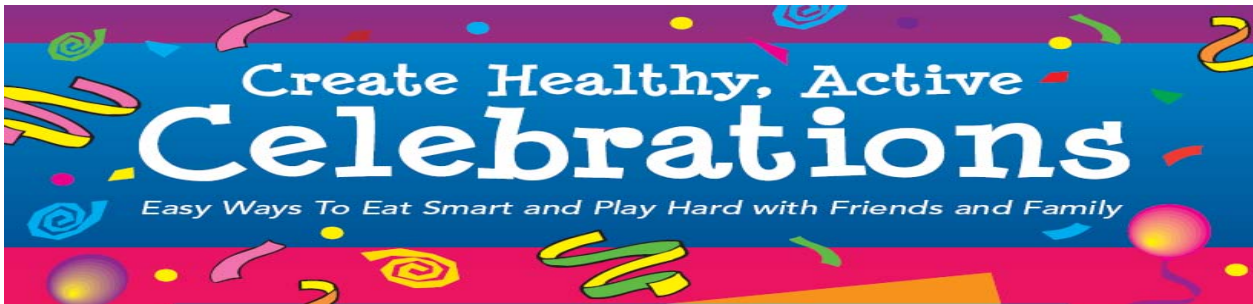

FNS Launches New Eat Smart. Play Hard.™ Resource for Caregivers and Parents:



The USDA, Food and Nutrition Service has released a new publication that will help kids, parents, and caregivers to Eat Smart and Play Hard™. This new resource will also assist the target audience in putting the new Dietary Guidelines and MyPyramid recommendations into action.

Create Healthy, Active Celebrations offers ideas to caregivers and parents on how to make healthy eating and physical activity experiences part of special events and celebrations. It provides ideas and low-cost recipes to encourage and motivates adults to make better lifestyle choices using kid-friendly entertaining techniques. This guide provides tips that parents can use in planning celebrations for families, friends, and children such as:

- New Ways to Promote Good Health While Having Fun
- Offer Thirst Quenchers that Please
- Savor the Flavor
- Splurge on Colors and Textures
- Planning Pleasing Parties
- Planning Events for Children
- Ways to Keep it Simple for Kids
- Make Moving A Part of Every Event!
- Recipes

Create Healthy, Active Celebrations can help caregivers and parents make the MyPyramid guidance a part of their daily lives and set a good example for kids.”

Discover the ***Create Healthy, Active Celebrations*** on the FNS web page at:
<http://www.fns.usda.gov/eatsmartplayhardhealthy lifestyle/QuickandEasy/celebrations.pdf>