Promote At-Risk Afterschool Meals using these sample posts. Tag local individuals or organizations and customize with local web page links!

Extend Good Nutrition

**At-Risk Afterschool Meals** offer fun **activities** and time with **friends** in addition to the nutritious **meals** and **snacks** served.

Would your child enjoy an afterschool snack at school? Participating in CACFP At-Risk Afterschool Meals is a great way to ensure children up to age 18 are receiving nutritious snacks after the school day! #CACFP

*Include local sponsor information.*

Meals served in At-Risk Afterschool Meals ensure good nutrition. Participate today! #CACFP

*Include local sponsor information.*
At-Risk Afterschool Meals extend good nutrition for children up to age 18 by providing nutrition after school and the benefits of social interaction with friends. Find more information on the Child Nutrition & Wellness website: www.kn-eat.org #CACFP

Eating a colorful variety of fruits and vegetables does have benefits. For example, the orange color of carrots and sweet potatoes comes from beta-carotene (a form of Vitamin A) which aids eye health and immune system strength. Parents, see if your children can name fruits and vegetables from all the other color groups. #MyPlate

Create a twitter poll (found in the same place you go to tweet) and ask: What vitamin gives carrots an orange color? @TeamNutrition A) Vitamin A; B) Vitamin B; C) Vitamin O; or D) Vitamin D

Follow up this poll with this tweet: Vitamin A, specifically beta-carotene, gives carrots an orange hue. It’s good for eye health and immune systems.

It’s important to consume low-fat dairy products, but how much is enough? That depends on your age! USDA says anyone age 9 and over should consume 3 cups of dairy products per day, while 2-2.5 cups is recommended for children age 8 and under.

USDA recommends 3 cups of dairy per day for those over age 9 & 2-2.5 cups for those under 8—is your family reaching the recommendation?
Activity is just as important as a nutritious meal. Here’s an Eat Smart Play Hard challenge for your family to try today: go outside and play for 15-30 minutes after you eat dinner! Share your activity with us on our page and find other ways to be active on the #MyPlate website https://www.choosemyplate.gov/physical-activity-tips

Parents! See what you know... what are the five food groups that make up #MyPlate? Now, ask your children and see how many foods they can identify within each category! If you want to take the conversation one step further, talk about sometimes foods versus every day foods. There are great resources on these topics at https://www.choosemyplate.gov/

Parents, ask your children how many foods they can identify within each MyPlate food group!
The five #MyPlate food groups are protein, grains, fruit, vegetables, and dairy; but did you know vegetables have subgroups with different vitamins and minerals in each? The vegetable subgroups are dark-green, red and orange, beans and peas, and starchy. Here’s your challenge: Try a vegetable from each subgroup this week.

We’ve got a challenge for you this week: Try one vegetable from each of the #MyPlate vegetable subgroups. These subgroups offer different vitamins and minerals to boost nutrition. https://www.choosemyplate.gov/vegetables
Check out the USDA Mixing Bowl (https://whatscooking.fns.usda.gov/) and find recipe ideas for the whole family. Keep it tasty and simple by following #MyPlate.

Parents, be sure to check out https://whatscooking.fns.usda.gov/ for nutritious #recipes. #MyPlate @TeamNutrition @USDANutrition