

AT-RISK AFTERSCHOOL MEALS

# SOCIAL MEDIA

## SAMPLE POSTS

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.*



# Extend Good Nutrition with At-Risk Afterschool Meals

Learn more on the CNW website:

<https://cnw.ksde.org>, CACFP,  
Administrative Handbook Chapter  
3, Extend Good Nutrition with At-  
Risk Afterschool Meals



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: <https://cnw.ksde.org> #CACFP



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"I'm orange because I have beta-carotene. That helps your eyesight and immune system!"

- Reggie Veggie



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 an X poll 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 post: Vitamin A, specifically beta-carotene, gives carrots an orange hue. It's good for eye health and immune systems.



## How much dairy is recommended for you?



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?





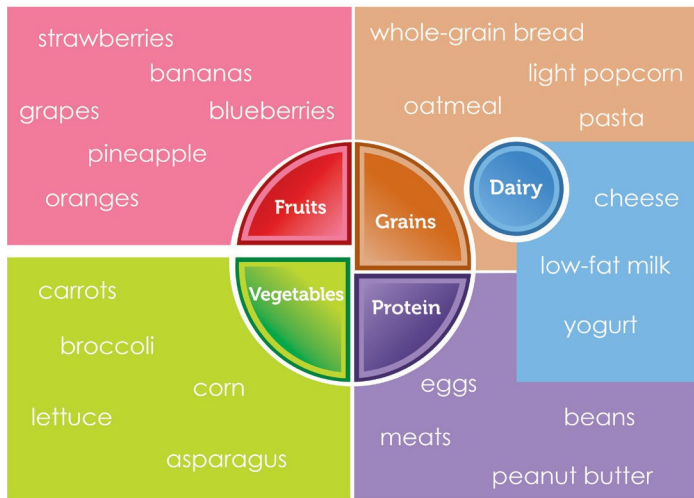
Activity is just as important as a nutritious meal. Here's an Eat Smart Play Hard challenge for your family to try today: go outside and play for 15-30 minutes after you eat dinner! [Eat Smart to Play Hard](#) Share your activity with us on our page and find other ways to Fuel Up with MyPlate



#EatSmartPlayHard challenge for your family today: play outside for 15-30 mins after dinner.



## Guide to the 5 MyPlate Food Groups



**Every Day Food Examples**  
apples and other fruits  
water  
milk  
whole-grain bread  
green beans and other vegetables

**Sometimes Food Examples**  
cakes, cookies and sweets  
french fries and fried foods  
soda and other sugary beverages  
cream cheese and ice cream  
breaded chicken nuggets



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/>

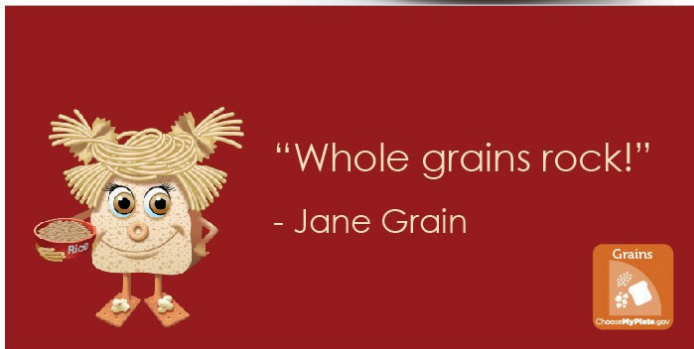


Parents, ask your children how many foods they can identify within each MyPlate food group!

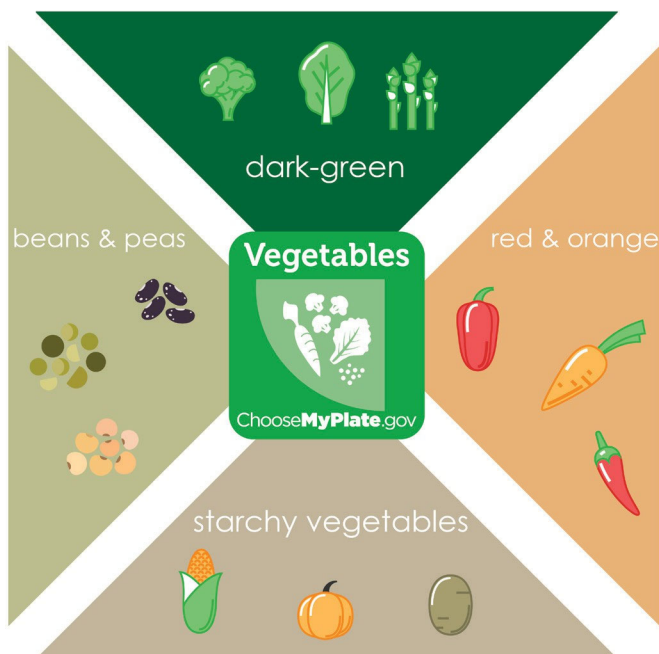
Whole wheat flour  
retains fiber,  
iron and  
B vitamins



Pick up a grain item from your kitchen and check the ingredients list. If a whole grain such as “whole wheat” is listed, your product is more nutritious than a product made with enriched flour. Choose “whole” grains to ensure nutrients like dietary fiber, iron, and many B vitamins are not removed from your grain items!



Nutritious whole grains are recommended over refined grains—look for “whole grain” listed in the ingredient labels in your pantry!



The fifth category includes all other vegetables.



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 Team Nutrition Recipes (<https://www.fns.usda.gov/tn/recipes>) and find recipe ideas for the whole family. Keep it tasty and simple by following #MyPlate.



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



# BROWN RICE 5 WAYS



### 1 Fried Rice

- + Brown rice
- + Carrot
- + Bell pepper
- + Onion
- + Broccoli
- + Soy sauce
- + Vegetable oil
- + Eggs
- + Chicken
- + Spices to taste



### Caribbean Casserole

- + Brown rice
- + Onion
- + Stewed tomatoes
- + Green pepper
- + Black beans
- + Oregano leaves
- + Canola oil
- + Spices to taste



### 2

- + Green pepper
- + Kidney beans
- + Cilantro
- + Spices to taste



### 3 Fiesta Rice Salad

- + Brown rice
- + Broccoli
- + Carrots
- + Red onion
- + Tomatoes



### 4 Cheesy Broccoli Rice Squares

- + Brown rice
- + Broccoli
- + Onion
- + Cheddar cheese
- + Eggs
- + Fresh parsley
- + Evaporated milk
- + Worcestershire sauce
- + Spices to taste



### 5 Black Bean Burgers

- + Brown rice
- + Black beans
- + Egg
- + Scallions
- + Cilantro
- + Oregano or basil
- + Garlic
- + Vegetable oil
- + Whole wheat buns
- + Spices to taste

For more information about these recipes go to : [www.whatscooking.usda.fns.gov](http://www.whatscooking.usda.fns.gov)

