

# Strategies to Engage Parents

## Michigan Harvest of the Month™ Training 2015

### School Teams' Tips for Success!



- ✓ Provide parent boards
- ✓ Offer parent prizes
- ✓ Offer an opportunity to share cultural backgrounds
- ✓ Host nutrition night for families
- ✓ Offer parent events with exercises, food tastings, demos and educational materials; night time events and/or before/after school
- ✓ Highlight seasonal produce with cookbooks/ recipes
- ✓ Use the MiHOTM™ menu slicks available at no cost at [www.michigannutritionnetwork.org/harvest-of-the-month](http://www.michigannutritionnetwork.org/harvest-of-the-month)
- ✓ Send home the MiHOTM™ Family Newsletters
- ✓ Use social media (Twitter)
- ✓ Invite nutrition educators to assist with parent events
- ✓ Get families active together
- ✓ Engage with home-ec classes
- ✓ Have parents send in recipes
- ✓ Use a calendar with favorite family recipes as a fundraiser
- ✓ Use produce from school gardens to supplement fruit and vegetables in taste tests
- ✓ Bring in vendors to parent events (doctors to motivate & provide health assessments)
- ✓ Offer a grocery store event: local hospital, PE-Nut educator, farming group, teachers – have families come to the grocery store to do nutritional/ educational activities in the store – the public will see the importance of nutrition
- ✓ Use healthy food cook-offs to sample foods
- ✓ Incorporate information into school/class websites
- ✓ Link schools websites to MiHOTM™ for parents to access materials
- ✓ Let parents taste test with their kids
- ✓ Invite parents to the MiHOTM™ lessons
- ✓ Have parents come into the building to pick up food baskets
- ✓ Give info at pickup times

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