



# TO THE PARENTS

## THE STRENGTH TO FOOD PROJECT... IN A NUTSHELL

Dear parents,

*Physical activity* and *Nutrition* are the primary objectives of health promotion campaigns aimed at preventing or reducing overweight in children and adolescents.

Schools seem to be the optimal setting for implementation of health education initiatives, as they allow reaching almost 100% of school-aged children and offering constant contact with them. Lifestyle interventions have been promoted in many schools to teach children the basic topics of healthy nutrition and to encourage them to be physically active.

We are proposing an *educational project* addressed to schools aiming to promote wellbeing of children. Our approach keeps into consideration the basic characteristics of a healthy diet, always accompanied by a regular physical activity.



FOOD QUALITY FOR SUSTAINABILITY AND HEALTH

STRENGTH2FOOD.EU



This educational program explains how the right food choices positively impact on health, but also on the environment and on our planet.

This approach is characterized by a *constant recreational aspect*, allowing children to put into practice what they have learned with their classmates, parents and teachers.

This educational program is also planned for parents, who can help consolidating what children have learned at school.

## SCHOOL MEAL QUALITY:

Since children consume at least a meal everyday in the school canteen, it is paramount for schools to offer healthy and nutritionally balanced menus. In addition to the educational path, we are also proposing revised school menus using the ingredients already available in the schools, but mixing them in a different way, always taking into account children preferences.