

KIDS eat right. Month August 2023

Academy of Nutrition and Dietetics
Academy of Nutrition and Dietetics Foundation
kidseatright.org

Celebrate KIDS EAT RIGHT MONTH®!

Everyone has a role to play in ensuring a healthy future for our children. That's why the Academy of Nutrition and Dietetics and the Academy's Foundation is inviting you to **celebrate Kids Eat Right Month® in August.**

Kids Eat Right Month® focuses attention on the importance of healthful nutrition and active lifestyles for children and families, featuring expert advice from registered dietitian nutritionists.



SHOP SMART To encourage a healthy lifestyle, get your children involved in selecting the food that will appear at the breakfast, lunch or dinner table.



COOK HEALTHFULLY Involve your child in the cutting, mixing and preparation of all meals. Even a snack can be healthy.



EAT RIGHT Sit down together as a family to enjoy a wonderful meal and the opportunity to share the day's experiences with one another.

Learn more about how you can shop smart, cook healthfully and eat right at
KidsEatRight.org.