



Eagle Adventure



Welcome to the Eagle Adventure school nutrition and health program.

Developed around a series of four Eagle Books, the Eagle Adventure program focuses on diabetes prevention by teaching children the importance of being healthy and strong.

Each week, your child will bring home an Eagle Folder. The Eagle Folder will have fun ideas to help your family eat more fruits and vegetables and stay active.

Thank you for trying these activities with your child. We appreciate you taking an active role in your child's health and wellness.

Each year, more children develop diabetes. Together, we can do something to help prevent it.

www.GetFreshCooking.com/EagleAdventure

What will be in your child's Eagle Folder each week?



Eagle Books • Reading is a good way to make lasting memories. The books are gifts for you to keep and read with your child. Through this series of four books, Rain That Dances meets Mr. Eagle and his friends and learns the joy of physical activity and eating healthy foods.



Eagle Recipes • Children are more likely to try a new food if they help make it. Your child will receive fun recipes that feature fruits and vegetables. Try making these recipes together and let your child be creative. If you don't have all the ingredients, try using another fruit or vegetable you have at home.



Parent Tip Sheets • Children learn a lot about what to eat from their family. When children come home hungry, try to have fruits and vegetables ready for them to eat. Each child will bring home Parent Tip Sheets with great ideas for family activities and using fruits and veggies as snacks.



Moving Activities • When children play outside with parents and friends, they become more physically active. Physical activity is an important part of preventing diabetes. Each child will receive Moving Activity handouts that feature fun outdoor activities to try at home.



Network • Work together with your child to complete the Network by thinking about what you can do to stay healthy and strong at home. These worksheets will help you choose fruits, vegetables and activities that you can to try as a family. Make sure your child returns the Network in the Eagle Folder.

*Please return the
Network each
week in your child's
Eagle Folder.
The other items are
yours to keep.*

