

COMMIT TO HEALTH

RESOURCES FOR THE HOME

NRPA's Commit to Health initiative supports the implementation of healthy eating and physical activity standards in park and recreation sites across the nation. Now you can help reinforce the healthy habits that your child is learning in their out-of-school time program in your home!

OCTOBER

Fall is here! This October, learn how you can shop on a budget—buy seasonal produce, buy items in bulk, cook meals that create several portions. As you prepare your menu, find out where you can find healthy foods on a budget.

- Eating healthily on a budget does not have to be hard! Check out some of these [tips](#).
- Shopping healthily on a budget can be challenging. Here are some [tips](#) to save money on your groceries ([Spanish](#)).
- You can also use this fun, fillable, [grocery list](#) by key food groups
- Physical Activity Tip: October is a great sports month with football and basketball fun! Take some time to go shoot some hoops with your family for some needed exercise! Make a plan to do as many sit-ups as the number of points scored by your favorite football team! (If your team is a high-scoring team, don't worry, you don't have to do them all at once – take a break between sets of sit-ups.) Challenge your family and friends to do the sit-up challenge you create!
- Learn about a seasonal fruit and vegetable each month! Try new healthy recipes and cooking techniques [here!](#) ([Spanish](#))
- Help reinforce healthy eating with fun activity sheets ([apples](#) and [winter squash](#)) and coloring ([apples](#) and [winter squash](#)) sheets for your family.
- *For Spanish information about MyPlate , please [click here!](#)



National Recreation
and Park Association

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