

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!

## SEPTEMBER

Different cultures have different food traditions. This September, explore different culinary treats from cultures around the world—from meal preparation to cooking spices. Mealtime can be healthy, fun, and exciting if you try different recipes and cook as a family!

- As children study different cultures in school, your family may enjoy learning about different cultures by trying new foods and spices. [Here](#) are some healthy tips.
- Oregon State University Extension Service has some great [recipes](#) to take your taste buds on a world tour!
- Help your young children develop healthy eating habits! Check out some tips [here](#).
- Cook as a family! Check out some [ideas](#) for getting your kids cooking! ([Spanish](#))
- Physical Activity Tip: September brings football! Make the time to go outside with your family to throw around the football. Make a plan to take as many laps around a local track or park path as the number of points scored by your favorite football team! Challenge your family and friends to do the same!
- Learn about a fruit and vegetable each month! Try new healthy recipes and cooking techniques [here](#)! ([Spanish](#))
- Help reinforce healthy eating with fun activity sheets ([tomato](#) and [whole grains](#)) and coloring ([tomato](#) and [whole grains](#)) sheets for your family.

\*For Spanish information about MyPlate, please [click here](#)!

