



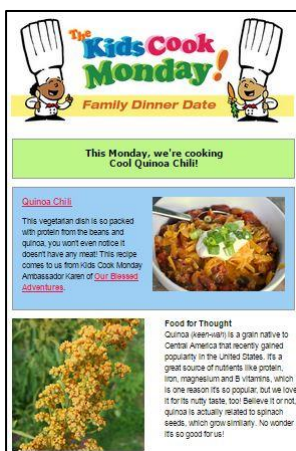
Resources for PTAs

Encourage students and parents to adopt healthy habits with our free program

The Kids Cook Monday is a non-profit public health initiative that encourages families to set aside the first night of every week to cook and eat together. Using The Kids Cook Monday to introduce parents and children to healthy home cooking and the advantages of family dining is a great service to families. And it's fun, too! Here's how you can utilize our free resources and expert support to kick start the healthy habit at your school:

- **Host a Family Cooking Night:** Kick off your school's participation in The Kids Cook Monday with a Family Cooking Night. Contact The Kids Cook Monday to arrange for a local nutrition educator to visit your school and lead a lesson on cooking together as a family with healthy Kids Cook Monday recipes. Read more about the program here: bit.ly/kcmschool.
- **Plug your school into The Kids Cook Monday's resources:** At your Family Cooking Night, distribute our resources to participating families. Our free resources are available on TheKidsCookMonday.org and include recipe printouts, an e-cookbook and a PDF Toolkit for Families. We also encourage you to sign families up for our free Family Dinner Date weekly newsletter, which is a great way to encourage the habit of cooking together week after week. Learn more here: bit.ly/kcmnews.
- **Sign up to be a Kids Cook Monday Ambassador:** Keep your school on track by becoming a Kids Cook Monday Ambassador. Parents, teachers and administrators are welcome to join the program. Ambassadors will make sure that families receive Kids Cook Monday recipes each week as well as remind families of the benefits by sharing our fun social media assets.
- **Keep up the habit:** We'd love to help you keep the momentum going by hosting additional Family Dinner Nights and displaying The Kids Cook Monday's free downloadable posters throughout your school.

Newsletter



Ambassador Badge



Recipe Printouts



For more information, contact: Cherry Dumauval, PR & Partnerships Director, cdumauval@mondycampaigns.org; 212.991.1056