Dear friend,

Back-to-school has always been a time to reboot for me. This school year HealthStart rebooted with a Board of Directors orientation/reorientation.

This daylong session reminded me why I started HealthStart. While our country’s childhood obesity crisis impacted my decision to start HealthStart, it wasn’t the biggest factor. I launched HealthStart so a generation of kids would know from an early age that health is more than what they eat or how active they are (although these factors are critical). HealthStart kids also learn good health means healthy interactions with other people and their environment. With your help HealthStart provides children with the tools to create a healthier future for our community.

Gratefully yours,
Robin Herskowitz, Founder

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Build a Box

Studies have shown that children who eat regular meals, including a nutritious lunch, have lower rates of obesity, more focus, and greater success in school overall. School lunch programs, such as What are YOU Feeding?, are important to increasing kids awareness of the foods that best feed their bodies.

Bringing a lunch from home can be a nutritious alternative. Build your child’s lunch with balance in mind and always be sure to include a variety of foods that feed all their whole body. A balanced lunch should include:

- Lean Protein
- Good Fats
- Carbohydrates
- Rainbow of Fruits and Veggies
- A Healthy Treat
- Water

Let your child help pick out their lunch goodies and always make it fun! Remember, they are always learning. Here is a fun Lunch Planning Template to use with your family. You can find more content like this on our blog. SUBSCRIBE TODAY!

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Recipe Roundup

Did you know that every week HealthStart posts a new, healthy recipe to Facebook? Go LIKE our page to see more!

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Thank you for your continued support of HealthStart!