



Kids Cafe Best Practices

- Encourage students to open packages of food - look at everything as a group and have a discussion about the food. You can go to <https://www.choosemyplate.gov/resources/MyPlatePlan> for discussion ideas.
- Limit access to computers and electronics during mealtime.
- Place a “Ask Me How” sign near vending machines promoting your Kids Cafe Program.
- Utilize older children as volunteers to help with mealtime and encourage younger kids to eat.
- Implement separate mealtimes - earlier for younger kids and later for older to allow more time to eat.
- Send home or display a parent letter informing parents that FREE and Healthy meals are provided at your community or learning center!

This institution is an equal opportunity provider.