



## PARENTS ADVOCATING FOR SCHOOL WELLNESS

A toolkit of resources to help recruit, train and support parents and other caring adults to enhance school wellness in underserved communities

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The Importance of Good Nutrition and Physical Activity for Children, Youth and Families  
(PowerPoint presentation available separately at [www.ActionForHealthyKids.org](http://www.ActionForHealthyKids.org))

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\* Templates for local customization available at [www.ActionForHealthyKids.org](http://www.ActionForHealthyKids.org).



A free PDF of this toolkit is available at [www.ActionForHealthyKids.org](http://www.ActionForHealthyKids.org).