



About the **Healthy Families: Healthy Kids Tool Kit**

Blue Cross and Blue Shield of Alabama provides the Healthy Kids Tool Kit to use in conjunction with your current wellness program. The purpose of the tool kit is to provide health and wellness communication materials to employer groups to help you educate your employees about family health. The tool kit provides resources to help parents and their children live healthier lifestyles. It contains information for parents about children's health and family safety, and activities for parents and children to educate them about healthy living.



Using the **Healthy Families: Healthy Kids Tool Kit** at your workplace

Here are a few suggestions to help you use the materials. Every workplace is different; find out what works best for you.

- ✔ Hold a lunchtime seminar and serve a healthy dessert or side dish such as fruit or vegetables. Distribute the My Plate handouts for parents and the Healthy Hannah recipe cards and Nutrition coloring sheets for kids.
- ✔ Host a family health event or picnic focusing on healthy lifestyles. Distribute the handouts for parents and activity sheets for children. Set up a display with information on the 5-2-1-0 theme. Plan activities for the event based on the Physical Activity and Healthy Eating handout or the 5-2-1-0 tip sheets. Provide healthy snacks and water or have a healthy menu plan for the picnic.
- ✔ Send a weekly or monthly email featuring one of the handouts from the tool kit. Attach the pdf of the handout so employees can print it out and have the information on hand.



Healthy Kids Tool Kit – for Parents

FYH-283 FYH-284 FYH-285 FYH-286 FYH-287 FYH-288

FYH-289 FYH-290

FYH-291

Healthy Kids Tool Kit – for Kids



FYH-292 FYH-293 FYH-294 FYH-295 FYH-296

Download and Print: Healthy Families: Healthy Kids Tool Kit Materials; FYH-282

1. Go to AlabamaBlue.com/employers.
2. Select “Forms and Materials.”
3. Enter the stock number to download and print or email the toolkit materials.

Tool Kit Materials – for Parents	Number
Outrun Obesity + Assessment handout	FYH-283
5-2-1-0 Tip Sheet for Kids, Ages 5-9 + Tracker	FYH-284
5-2-1-0 Tip Sheet for Kids, Ages 10-12 + Tracker	FYH-285
Get Healthy, Get Immunized handout	FYH-286
Dental Healthy Tip handout	FYH-287
Safety & First Aid Kit handout	FYH-288
Physical Activity handout	FYH-289
Healthy Eating handout	FYH-290
My Plate handout	FYH-291

Tool Kit Materials – for Kids	Number
Good Health Club Tracker, Ages 5-12	FYH-292
Healthy Hanna: Recipe Cards	FYH-293
Healthy Hanna: Nutrition Coloring Sheets	FYH-294
Healthy Hanna: Exercise Coloring Sheets	FYH-295
Healthy Hanna: Dental Health Coloring Sheets	FYH-296