




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.



**BlueCross BlueShield
of Alabama**

We cover what matters.

Healthy Kids Tool Kit for Parents



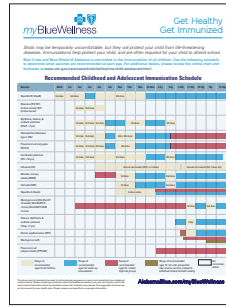
FYH-283



FYH-284



FYH-285



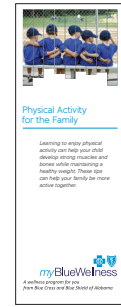
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FYH-288



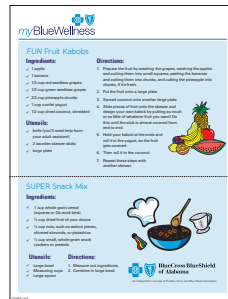
FYH-268



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	Tool Kit Materials - for Kids	Number
Outrun Obesity + Assessment handout	FYH-283	Good Health Club Tracker, Ages 5-12	FYH-292
5-2-1-0 Tip Sheet for Kids, Ages 5-9 + Tracker	FYH-284	Recipe Cards	FYH-293
5-2-1-0 Tip Sheet for Kids, Ages 10-12 + Tracker	FYH-285	Nutrition Activity Sheets	FYH-294
Get Healthy, Get Immunized brochure	FYH-12	Exercise Activity Sheets	FYH-295
Dental Health Tips brochure	FYH-287	Dental Health Activity Sheet	FYH-296
First Aid Kit brochure	FYH-288		
Physical Activity brochure	FYH-268		