



# September– Great Start Parent Coalition Newsletter

## Welcome back...

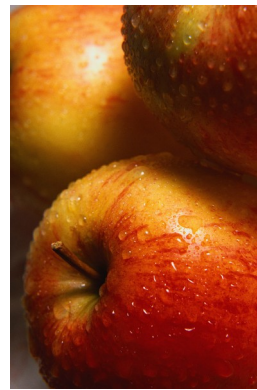
Summer is quickly coming to an end. The lazy days of summer are about over and it is time to start getting up early again and getting your child to day-care or school. Many times you will catch yourself asking what should I be sending them in their lunches. Well, we have the answers for you...

This month our monthly meeting is going to focus on **Healthy Eating on a Budget**. We are excited to be sharing with you new fun recipes, how to have fun while cooking with your child and taste testing fun snacks that are

also healthy. The meeting will begin at 6:00 p.m. at the Community Action Agency 55 Barnard St., Hillsdale, MI 49242. We will provide dinner and childcare.

Please join us in discovering the best things to feed to your children to help them grow strong minds and bodies.

**Michelle Failing,**  
Great Start Parent Liaison  
[mfailing@hillsdale-isd.org](mailto:mfailing@hillsdale-isd.org)  
**Lisa Tinkey,**  
Great Start Parent Liaison  
[ltinkey@hillsdale-isd.org](mailto:ltinkey@hillsdale-isd.org)  
or call 437-0990 X217  
if you have any questions.



Great Start  
Parent Coalition Meetings...

- 🕒 September 15th 6-8 pm @ Community Action Agency
- 🕒 October 20th 6-8 pm @ Community Action Agency
- 🕒 November 17th 6-8 pm @ Community Action Agency

## 10 Tips to help your child eat healthy:

1. Do not restrict food.
2. Keep healthy food available.
3. Don't label food as good or bad.
4. Praise your child for healthy choices.
5. Don't nag your child about unhealthy choices.
6. Never use food as a reward.
7. Sit down as a family for dinner.
8. Prepare plates in the kitchen.
9. Give your child some control (let them grade the meal)
10. Consult your pediatrician .

## HCISD

Volume 1, Issue 1

Newsletter Date:  
September 2010

## Upcoming Events:

**Ice Cream for Kids- Friday, September 10th 2010**  
Hillsdale ISD, 310 W. Bacon St. Hillsdale, MI. 49242

## Great Start Collaborative Meetings...

September 14th @10 am  
ISD 310 Bacon Rd

October 12th @ 10 am  
ISD 310 Bacon Rd.

November 9th @ 10 am  
ISD 310 Bacon Rd.

Contact Ginelle @  
[gskinner@hillsdale-isd.org](mailto:gskinner@hillsdale-isd.org)

Or 517-437-0990  
ext. 207