

# ACTION STEPS FOR PARENTS AND COMMUNITY ADVOCATES

who want to improve access to food, nutrition, and physical activity for children and youth in their community

## COMMUNITY RECOMMENDATION

Support partnerships between food pantries, farmers markets, community health workers, and schools to better support the nutrition needs of children with chronic or special needs.

Improve the quality of school meals. Provide opportunities for students to work with school vendors to sample and vote on healthy foods they would like to be included in school meal menus.

Provide opportunities for parents to get more involved in advocacy opportunities.

## DECISION MAKERS

School Committee  
School Wellness Committee  
School Superintendent  
Farmers Markets  
RI Community Food Bank  
RI Health Department  
Community Health Centers

School Committee  
School Wellness Committee  
School Meal Vendors

General Assembly  
City Council  
School Committee

## HOW TO MAKE YOUR VOICE HEARD

### TALK TO YOUR ELECTED OFFICIALS

Your elected officials are there to serve YOU, their constituents.

Using your address, you can find your representatives in the General Assembly and local officials **HERE**. →

<https://vote.sos.ri.gov/Home/PollingPlaces?ActiveFlag=3>

SCAN ME



### ATTEND A HEARING/ MEETING OR SUBMIT TESTIMONY

Find upcoming school committee or relevant meetings and opportunities to provide public comment.

<https://opengov.sos.ri.gov/openmeetings>

### CONNECT WITH OTHER COMMUNITY ADVOCATES AND PARENTS AND STAY UPDATED ON CURRENT ADVOCACY EFFORTS

Central Providence HEZ • [LINK](#)

Pawtucket/Central Falls HEZ • [LINK](#)

South Providence HEZ • [LINK](#)

Progreso Latino • [LINK](#)

Rhode Island KIDS COUNT • [LINK](#)

### FIND FULL LIST OF HEZ CONTACT INFORMATION ONLINE

<https://health.ri.gov/publications/guides/HEZLeads.pdf>

### BE READY TO SHARE

- 1) **Who you are** (e.g., parent from [Your School District/City/Town])
- 2) **Your personal story**
- 3) **What you are working on** (e.g., improving better options for healthy eating or accessible physical activity for youth in [Your School District])
- 4) **Your ask** (what you want and what you want official to do about it)

