**Rhode Island KIDS COUNT**

**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

<table>
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<tr>
<th>COMMUNITY RECOMMENDATION</th>
<th>DECISION MAKERS</th>
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| 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. | School Committee  
School Wellness Committee  
School Superintendent  
Farmers Markets  
RI Community Food Bank  
RI Health Department  
Community Health Centers |
| 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. | School Committee  
School Wellness Committee  
School Meal Vendors |
| Provide opportunities for parents to get more involved in advocacy opportunities. | 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).

**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)