



RFKM Healthy Kids PTA Pledge

1. We will choose fundraisers that promote healthy eating and physical activity for children.
2. We will ask our parents organizing parties and events to follow the RFKM healthier party plan:
 - Serve healthy foods first;
 - Serve only one treat after healthy foods are offered;
 - Serve fruit and vegetables at pizza parties.
3. We will ask our parents to serve water instead of sugar-sweetened beverages at PTA-sponsored events and fundraisers.

Name of School: _____

PTA Representative Name: _____

PTA Representative Title: _____

Signature

Date