

# FIT KID TEXT

connecting students and parents to nutrition education, school meals and healthy happenings using today's technology.

Shannon FitzGerald MS RD LD Avon Lake City Schools, OH FIT KID TEXT, LLC



## Mission:

Create and share an innovative solutions-based program for school food service programs utilizing a modern texting platform that will create an impact by connecting a *registered dietitian* to students, parents and staff.



## 2014-15 survey results:

- 93% of respondents said their family's food choices have been influenced by FIT KID TEXT
- 85% had an improved perception of the school meal program because of FIT KID TEXT
- 100% reported being more mindful of their family's health while receiving messages
- 100% tried a food and/or activity idea from FIT KID TEXT
- 100% of students and parents plan to re-enroll in FIT KID TEXT for the next school year!

**FIT TEXT LLC**

[www.fitkidtext.com](http://www.fitkidtext.com)

[shannon@fitkidtext.com](mailto:shannon@fitkidtext.com)

[fitkidtext@gmail.com](mailto:fitkidtext@gmail.com)