



Dear Friends of ChopChop Family,

We're so pleased that you're sharing *ChopChop: The Fun Cooking Magazine for Families* with your patients. After years of working with pediatricians and family physicians, we'd like to suggest a best practice: as part of your routine care visit, hand the magazine directly to the child rather than leaving it in the waiting room.

Encourage your families to cook together by suggesting they pick out one new dish a week, or open the magazine and point out your favorite recipe. As you know, your authority is so important—and we've found that giving the magazine directly to the family increases the effectiveness of your message. For inspiration, we are sharing "Ten Ways to Use *ChopChop*" and invite you to let us know how you utilize the magazine. Please email your comments to info@chopchopfamily.org.

We know you'll find *ChopChop* useful in furthering everyone's goal—to guide families toward a healthier diet and to encourage the practice of cooking and eating together.

Warmly,

Sally Sampson

Ten Ways to Use *ChopChop*

- 1 Hand out *ChopChop* to kids as a “prescription” for healthy eating. Suggest they make one new recipe from *ChopChop* and report back at their next visit.
- 2 Keep *ChopChop* in exam rooms for kids to read while their parents or siblings are being seen. Encourage them to work on their favorite games and puzzles during the visit.
- 3 Pin your favorite *ChopChop* recipes on message boards in the office and exam rooms. If you’d like, highlight the ingredients that you encourage patients to eat more of and include supplemental nutritional information.
- 4 Share *ChopChop* recipes in your office email or print newsletter. Or, share recipes like our Basic Chicken Soup with families suffering from colds and flu.
- 5 Encourage your reception staff, nurses, and everyone in the office to get familiar with *ChopChop*’s resources. Consider having an office potluck featuring *ChopChop* recipes.
- 6 If your hospital or office has the resources, host a healthy cooking class for families using *ChopChop* recipes. They’re endorsed by the American Academy of Pediatrics, so you don’t have to worry about doing the research.
- 7 To teach families about nutrition, have them cut out pictures and recipes from *ChopChop* to place in different sections of MyPlate posters and similar resources. Our issues always include ingredients from each food group.
- 8 Gift a *ChopChop* subscription to families who might not have access to cookbooks.
- 9 Give copies of *ChopChop* to your reception staff to hand out when they hear kids say “I’m bored!” in the waiting room. *ChopChop* is a great alternative to screen time while kids wait.
- 10 If your office has a treasure chest that’s filled with stickers or toys, add *ChopChop* to your giveaways for the end of the visit.