

Resource:
Eat Smart in Parks Toolkit

“Missouri is blessed with one of the best state park systems in the country, as well as a wealth of municipal parks. While our parks are a valuable resource for children and adults to maintain and improve their health through exercise and recreation, the high-calorie, salty foods served at some parks can quickly negate the benefits of being outside and moving more. Because of the vast number of visitors to Missouri parks every year, simply having healthier food choices available in the parks can go a long way in improving health in Missouri.

Eat Smart in Parks (ESIP) is a statewide effort aimed at promoting healthier eating options in Missouri’s state and local parks. This effort includes the development of model nutrition standards that guide parks in serving healthier options, training for state and local parks to assist them with using the guidelines, and materials to promote healthier items. The nutrition guidelines in the **ESIP toolkit** help to set a standard for the foods and drinks offered in parks, and contain measures that can help boost the availability of healthy choices.”

[Eat Smart in Parks | MU Extension](#)