**Eat Smart in Parks**

**What is Eat Smart in Parks?**

Eat Smart in Parks (ESIP) is a statewide effort to help local park leaders and community champions find and offer healthy eating options in Missouri’s state and local parks. This effort includes the development of a model Eat Smart in Parks policy that guides parks in serving healthier options, training for state and local parks to assist them with using the guidelines, and materials to promote healthier items.

While the project is in its pilot phase, there is growing interest in ways parks and other places of recreation can offer fresh, flavorful foods to patrons that are good for them, too. The Eat Smart in Parks project team is led by individuals from University of Missouri Extension, Missouri State Parks, Missouri Parks and Recreation Association (MPRA) and the Missouri Council for Activity and Nutrition (MOCAN).

**Where are parks using ESIP?**

To date, we have worked with parks and recreation departments from:

1. Jackson County
2. Jefferson City
3. Kansas City
4. Liberty
5. Moberly
6. Nixa
7. O’Fallon
8. Odessa
9. Poplar Bluff
10. Salem
11. West Plains

Each year, more parks have started using ESIP on their own as well. To learn how Independence Parks and Recreation have implemented healthy foods into their concessions, contact Jeremy Rogers, now Parks and Rec Director with Wyandotte County, KS at 734-324-7295.

**How can you bring ESIP to your area?**

Contact Cindy DeBlauw at 573-882-2399 or [deblauwc@missouri.edu](mailto:deblauwc@missouri.edu). Materials and downloads are available from the [MU Extension Healthy Concessions website](https://extension2.missouri.edu/programs/healthy-concessions).