

Supporting Healthy Eating: Strategies for Healthy Start Programs



Healthy Start Healthy Living Initiative

October 17, 2017 3-4:30 PM ET

Healthy Living Series

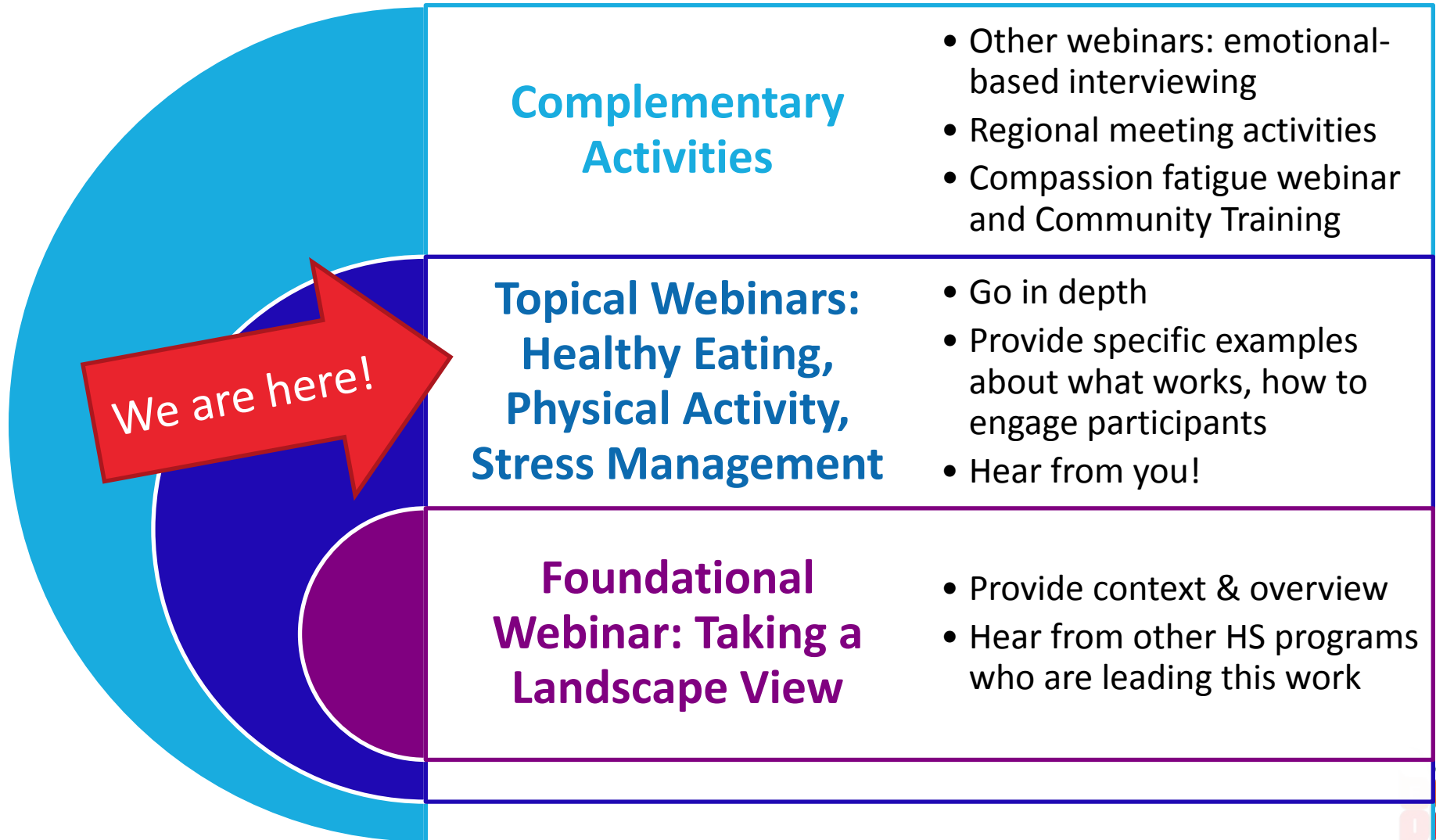
The purpose of the Healthy Living Initiative is to **help Healthy Start grantees support participants and staff to be healthy in all areas of their life – physically, mentally and emotionally.**



Series Goals:

- Be able to **describe the importance** of healthy eating, physical activity, and stress management
- Recognize **how our surroundings impact** our ability to live healthy
- Be able to **use appropriate messaging**
- Have **specific and culturally relevant examples** to support staff and participants

Healthy Living Initiative



We are here!

Complementary Activities

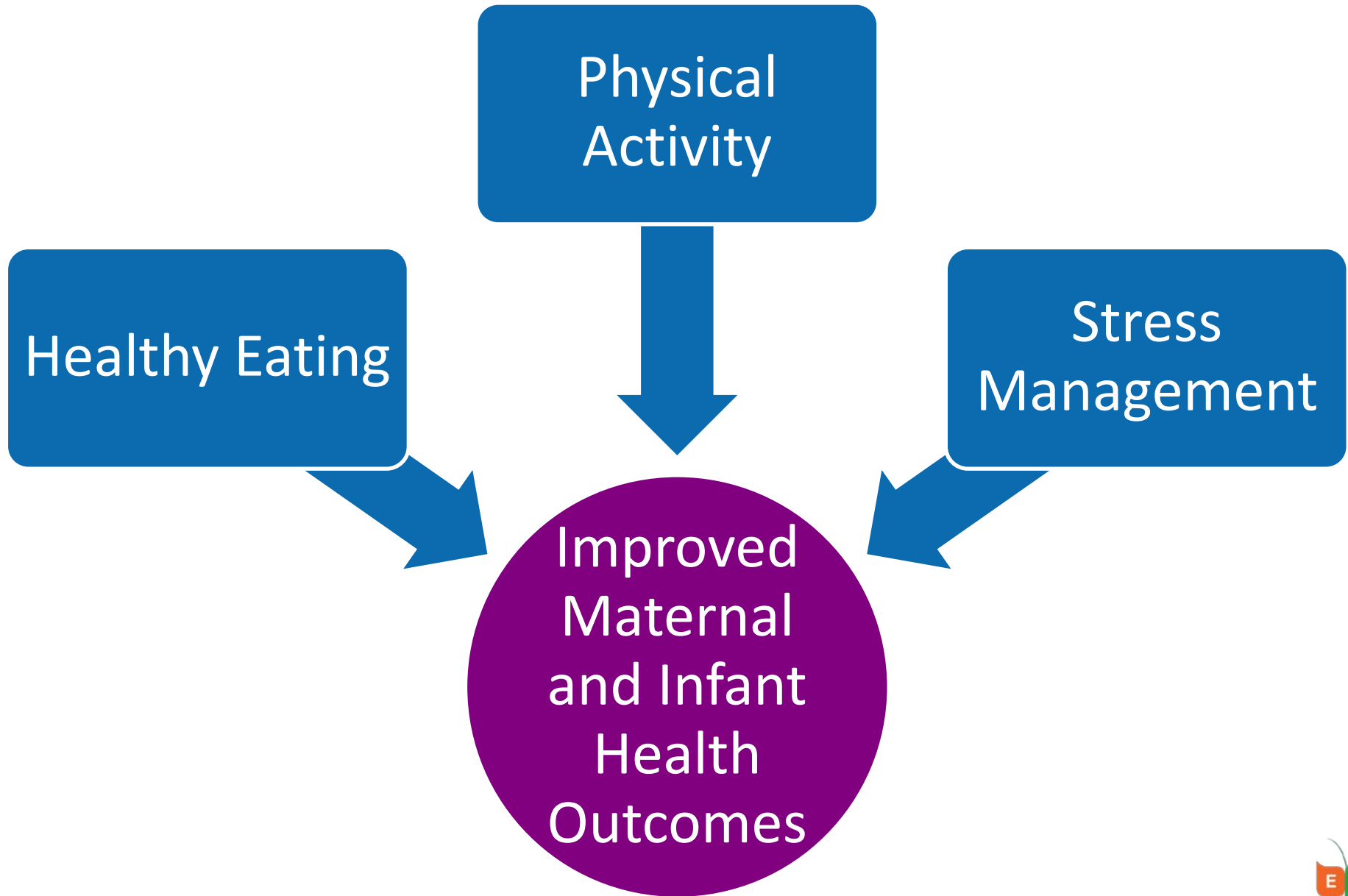
- Other webinars: emotional-based interviewing
- Regional meeting activities
- Compassion fatigue webinar and Community Training

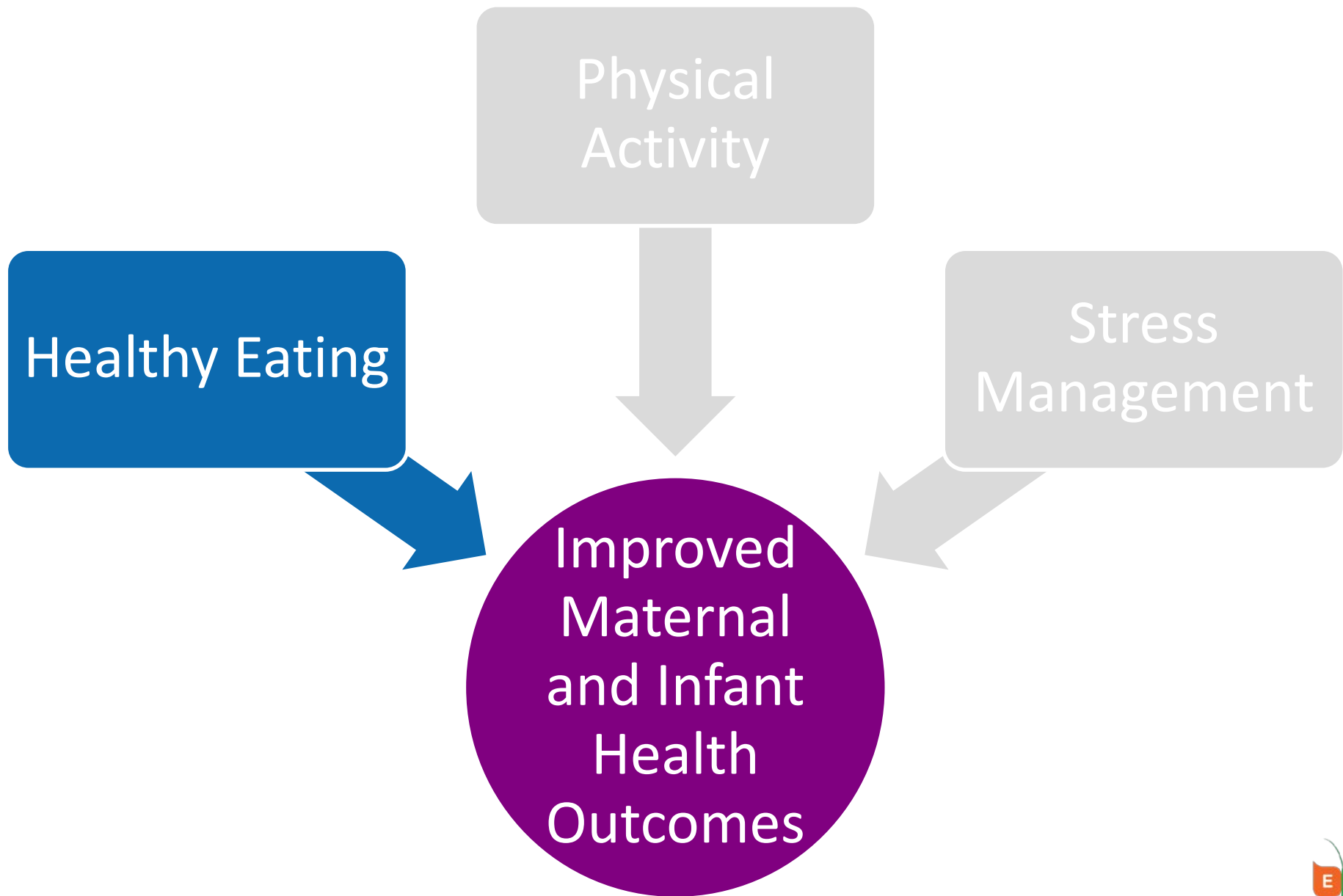
Topical Webinars: Healthy Eating, Physical Activity, Stress Management

- Go in depth
- Provide specific examples about what works, how to engage participants
- Hear from you!

Foundational Webinar: Taking a Landscape View

- Provide context & overview
- Hear from other HS programs who are leading this work





Community

Availability of grocery stores, overabundance of unhealthy food

Organizational

Organizational culture, supports for healthy behaviors

Interpersonal

Compassionate, supportive relationships

Individual

Individual behaviors



Objectives for Today

By the end of today's session, we hope you will be able to:

- Describe “healthy eating”
- Identify one strategy they can adopt at their Healthy Start program to support healthy eating
- Identify at least one strategy to support Healthy Start participants to eat healthy

How to Talk About Healthy Eating

Words
have
power!



How to Talk about Healthy Eating

Words to Use

Healthy Eating
Eating to
Maintain Health
and Feel Good
Nourishing the
Body

Words to Avoid



Diet
Nutrition
Nutrients
Obesity
Weight



Nutrition *Action*.com®

Unbiased advice to help you eat healthfully and live longer

Healthy Tips
e-newsletter

FOLLOW US:  

HOME • FOOD

12 Foods You Need to Stop Buying—and 17 You Should Eat More



The best and worst choices in every food group, according to registered dietitians.


Jenn Sinrich March 08, 2017



1 of 30 Getty Images

Are you eating as healthy as you think you are?

If you're eating a mix of fruits, vegetables, whole grains, and lean proteins, then you're probably pretty far ahead of the nutrition curve. But even if you're hitting your five-a-day, steering clear of the junk food aisle,

Featured on: 

[Do you know how to dodge disease with diet?](#)

Author: Leah Ettman in: [What to Eat](#)

Do soy foods cause breast cancer? Do multivitamins boost immunity? Do any foods protect your memory?

The Washington Post
Democracy Dies in Darkness

No food is healthy. Not even kale.

By Michael Ruhlman January 17, 2016



Keep it Simple (and Smart!)

If it comes from the earth and is in its in a complete form, then it's good.

- Whole grains – *oatmeal, brown rice, wheat bread, wheat pasta. First ingredient should be whole grain.*



- Fruits
- Vegetables – *green is good*
- Olive oil and other vegetable oils



HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.

VEGETABLES

Eat plenty of fruits of all colors.

FRUITS



STAY ACTIVE!

© Harvard University



Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource




Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

WHOLE GRAINS

Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

HEALTHY PROTEIN

Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.

 Embed this visual

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



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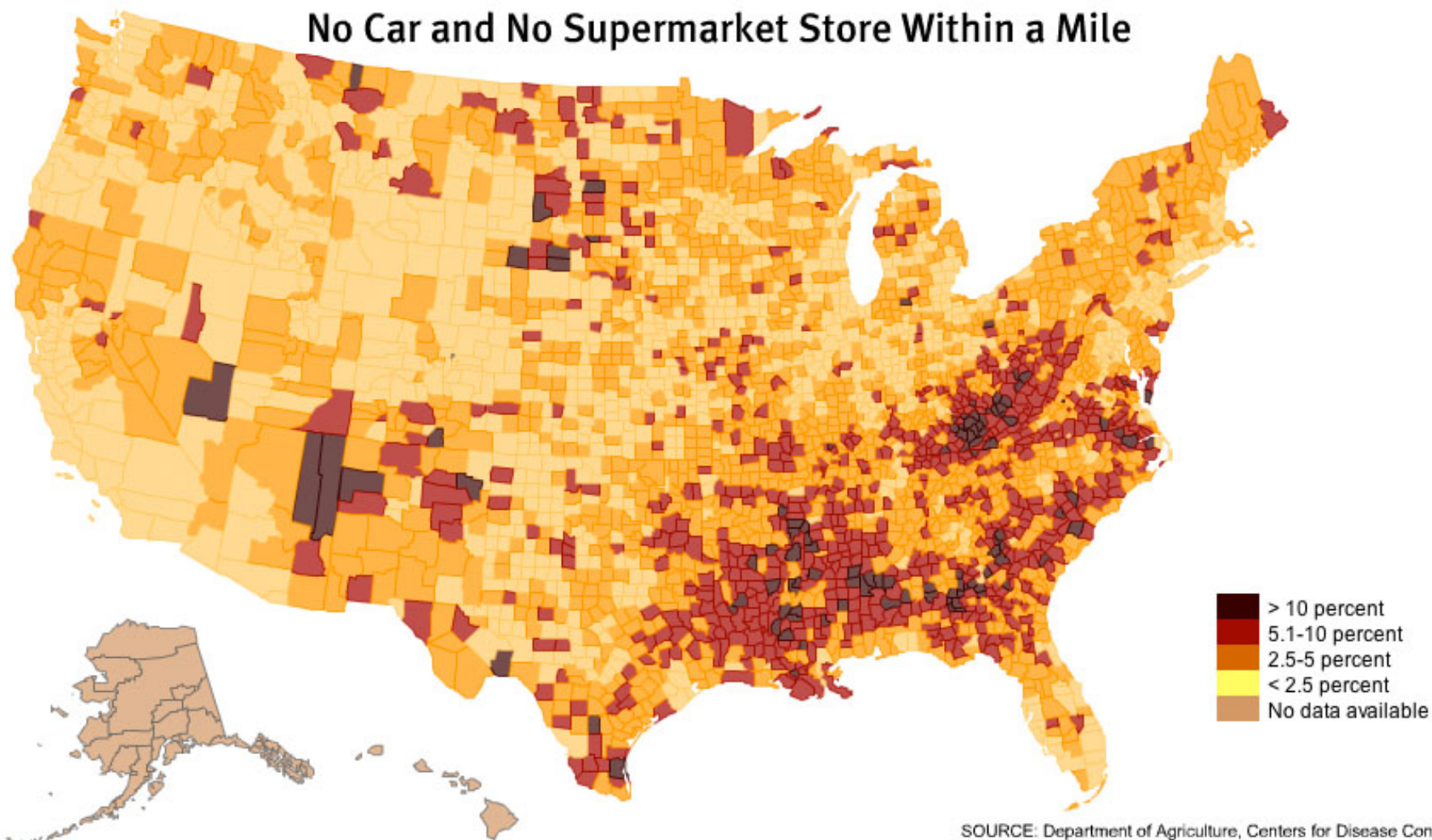
One of N.J.'s poorest cities is about to become a food desert

Posted on September 26, 2017 at 9:09 AM



Incollingo's market on East Broadway in Salem is seen Sunday. The supermarket, the only one in Salem City, is closing soon. (Bill Gallo Jr. | For NJ.com)

No Car and No Supermarket Store Within a Mile



SOURCE: Department of Agriculture, Centers for Disease Control

The Augusta Chronicle

Posted March 16, 2013 04:46 pm - Updated March 17, 2013 04:49 am

By Tom Corwin and Sandy Hodson

Staff Writers

'Food swamps' in Augusta lack healthy food



What the Data Says...

People eat healthier when there is:

- Fewer fast food restaurants
- Less marketing of unhealthy foods (among young children and teens)
- More food stores selling a full range of products (e.g., grocery stores)
- Pricing to make healthier foods more competitive



A top-down view of a brown paper grocery bag overflowing with fresh produce and packaged goods, held by two hands against a dark wood background. The bag is tilted, and its contents spill out onto the wooden surface. The items include a long baguette, several yellow bananas, a whole orange, a red apple, a yellow lemon, a bunch of green leafy vegetables, a clear plastic container of mushrooms, and a package of ground meat. The hands holding the bag are wearing a dark, textured sweater. The background is a dark, rustic wooden surface with visible grain and knots.

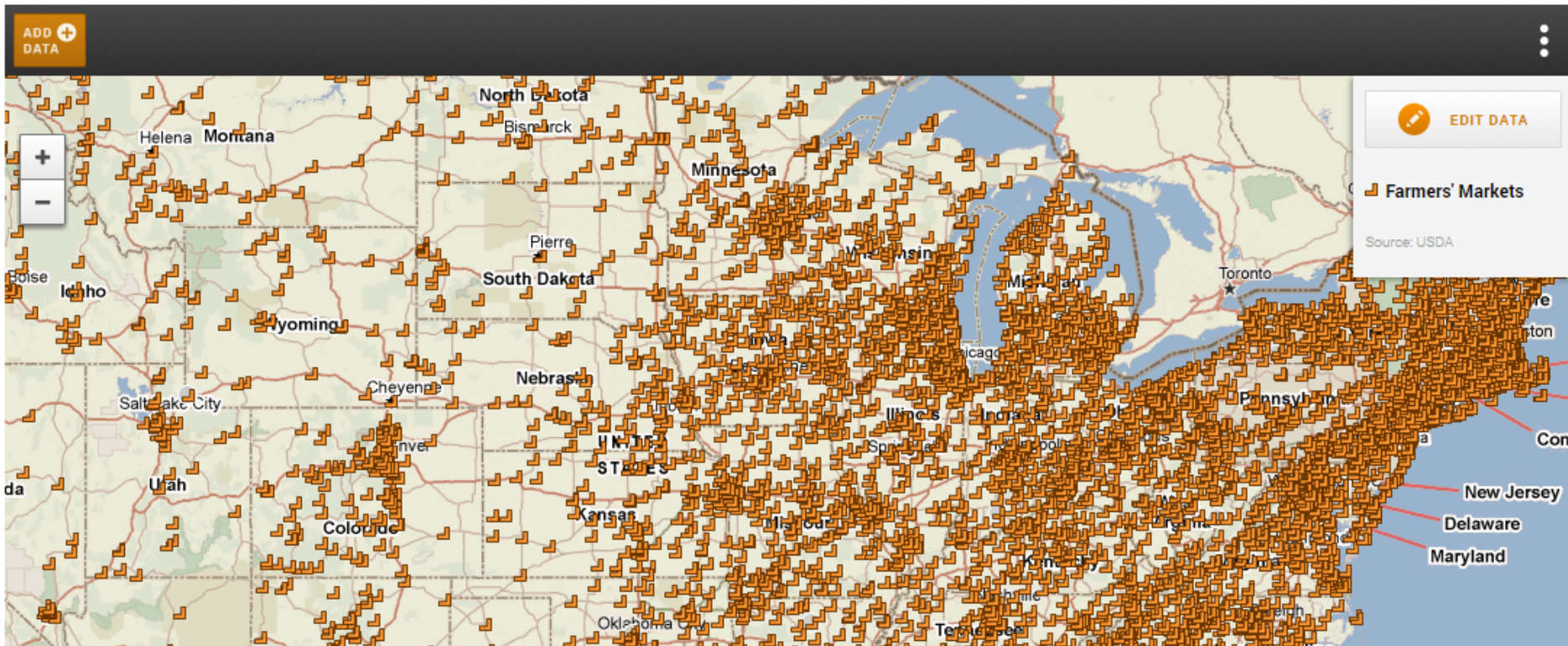
Supplemental
Nutrition
Assistance
Program (SNAP)

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)



Location

SUBMIT



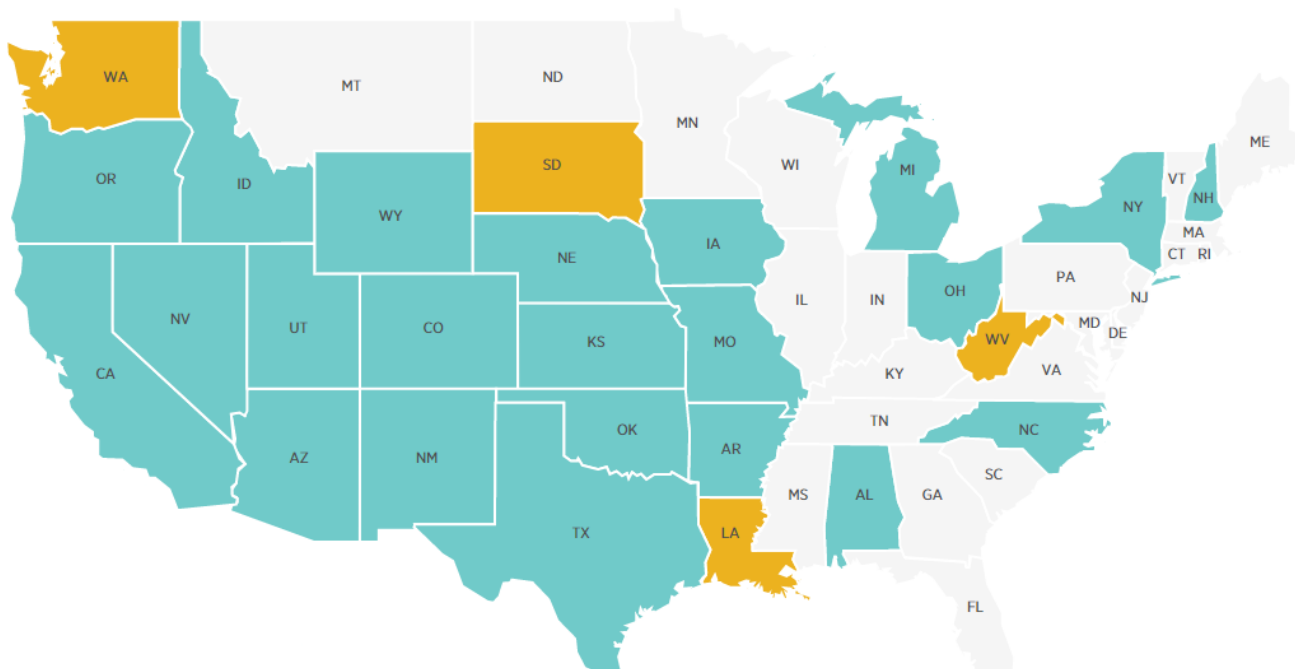
Find farmers markets in your community at:

<http://www.healthyfoodaccess.org/access-101/research-your-community>





DOUBLE UP FOOD BUCKS™



ACROSS THE COUNTRY

Double Up Food Bucks programs are active in a growing number of states.

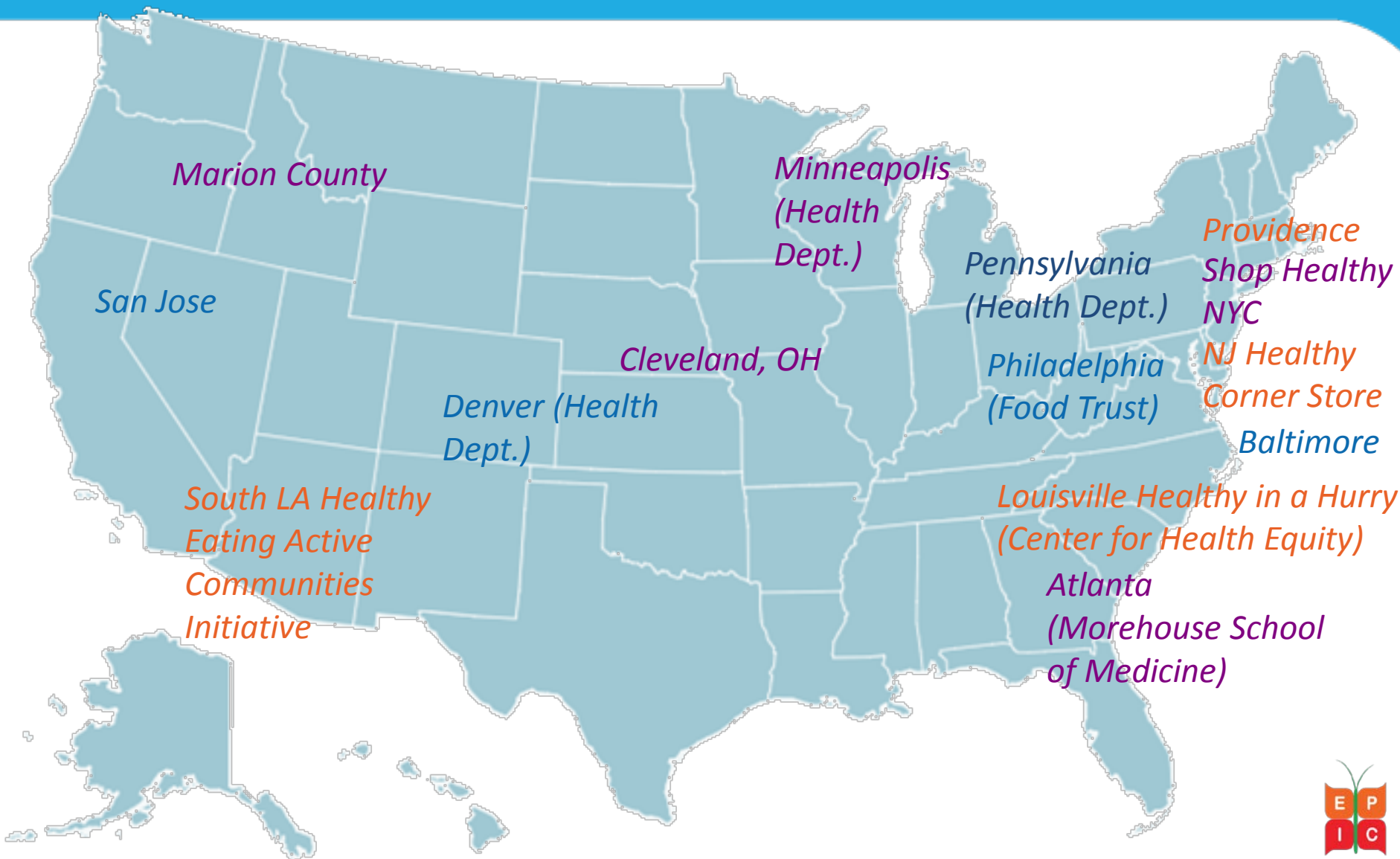
Find one near you:

- Alabama
- Arizona
- Arkansas
- California
- Colorado
- Hawai'i
- Idaho
- Illinois
- Iowa
- Kansas
- Michigan
- Missouri
- Nebraska
- Nevada
- New Hampshire
- New Mexico
- New York (Western NYS)
- North Carolina (Asheville)
- Ohio (Toledo)
- Oklahoma
- Oregon
- Texas
- Utah
- Wyoming

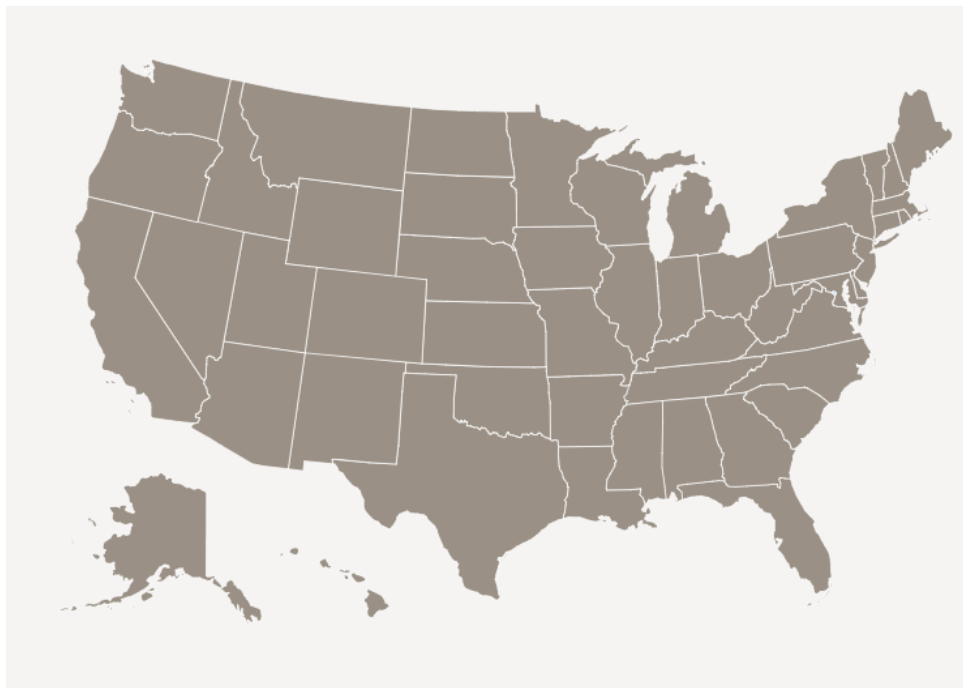


<https://fairfoodnetwork.org/projects/double-up-food-bucks/#>

Healthy Corner Store Initiatives



Find Money & Policy Efforts by State



State

- Alabama
- Alaska
- Arizona
- Arkansas
- California
- Colorado
- Connecticut
- Delaware

Policy Efforts & Impacts

- Federal
- State & Local

Funding

- Grants
- Healthy Food Financing
- Incentives
- Loans
- Tax Abatement
- Tax Credit

SET FILTER

Support your policy efforts & find funding opportunities:
<http://www.healthyfoodaccess.org/resources-tools/find-money-policy-efforts-by-state>



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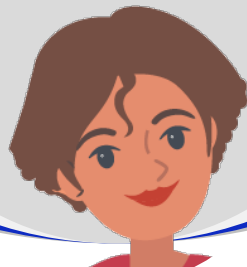
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1. Healthy meetings and events



1 | Serve fruit for dessert.

Fruit is a terrific way to satisfy a sweet tooth.

2 | Serve veggies with hummus instead of ranch dip.

The spread made from chickpeas is lower in calories and saturated fat and higher in fiber than ranch.



3 | Use smaller plates, bowls, and serving utensils.

Larger plates and utensils encourage larger portions.



5 | Place fruits and vegetables first in the buffet line.

Studies show that people are more likely to serve themselves whatever they see first.



6 | Organize a walking group during meeting breaks.

Setting aside time for physical activity promotes good health and improves employee productivity.

7 | Cut bagels into quarters.

Appropriate portion sizes of whole grain bagels can be part of a nutritious breakfast spread.



9 | Serve dressings and condiments on the side.

Too much dressing can add excess calories to an otherwise nutritious salad.

4 | Offer infused water in place of soda and other sugary drinks.



8 | Save money and reduce waste by ordering fewer portions than expected attendance.



Take the Healthy Meeting Pledge

<https://cspinet.org/sites/default/files/attachment/Model%20Healthy%20Meeting%20Pledge%20%281%29.pdf>

9 Healthy Meeting Hacks Infographic

<https://cspinet.org/sites/default/files/attachment/Healthy%20Meeting%20Hacks%20Infographic%20Final.pdf>



Active meetings and events

2. Healthy vending machines

Healthier items should be

- > 50% of all options
- In the most prominent locations
- Marked (e.g., with a star, heart)

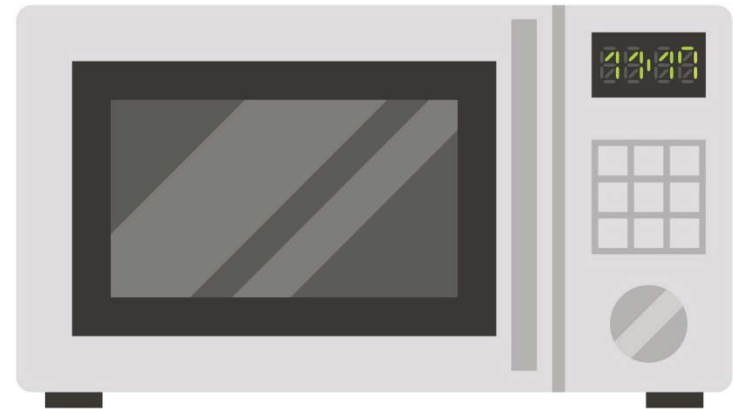


A healthy drinks vending machine

	Position 1	Position 2	Position 3	Position 4	Position 5
Row 1	Water (plain, still)	Water (plain, still)	Water (plain, still)	Water (plain, sparkling)	Water (plain, sparkling)
Row 2	Water (natural flavours*)	Water (natural flavours*)	Water (natural flavours*)	Reduced fat strawberry milk 250ml**	Reduced fat chocolate milk 250ml**
Row 3	Reduced fat chocolate milk 250ml**	Reduced fat iced coffee 250ml**	Reduced fat vanilla flavoured milk 250ml**	Reduced fat chocolate milk 500ml**	Reduced fat iced coffee 500ml**
Row 4	Full fat honeycomb flavoured milk 300ml	Full fat strawberry flavoured milk 300ml	100% fruit juice 250ml	100% fruit juice 250ml	100% fruit juice 250ml
Row 5	Diet soft drink 375ml	Diet soft drink 375ml	Regular soft drink 375ml	Regular soft drink 375ml	Regular soft drink 375ml

A Healthy “Planogram”
http://heas.health.vic.gov.au/sites/default/files/HEAS-healthy-vending-plan-ograms_0.pdf

4. Offer space / events for staff



*Salad Club /
Potlucks*

5. Healthy eating classes

Health Education Courses

- Cooperative Extension programs
- YMCAs
- Cooking Matters



NO KID HUNGRY | BLOG | PARTNERS | DONATE | Search



RECIPES | TIPS & VIDEOS | WHO WE ARE | WHAT WE DO | AT THE STORE

Healthy, Affordable, Delicious

Cooking Matters helps families to shop for and cook healthy meals on a budget, as part of Share Our Strength's No Kid Hungry campaign.

▶ Volunteer for Cooking Matters

▶ Donate to Cooking Matters

Recipes



Bean and Veggie Soup

This hearty soup is perfect for chilly, fall days.



Cranberry Walnut Coleslaw

This crunchy slaw is perfect for potlucks or family dinners.



Homemade Corn Tortilla Chilaquiles

Cut the calories but keep the flavor.

Tips & Videos

Video: Comparing Unit Prices



- Front of Package Labeling
- Balance Your Beverage Choices
- Healthy Afterschool Snacks
- Coupons 101

Go Mobile

@CookingMatters

Follow Us On Twitter

- It's #PumpkinSpiceDay! Did you know that you can use spices that might already be in your pantry to make your own e...
<https://t.co/ScMAMiJVQM> — 1 day 4 hours ago
- Eating from every food group—fruits, vegetables, grains, protein & dairy—helps you get all the vitamins and nutrient...
<https://t.co/TyCLNciVG3> — 2 days 4 hours ago

www.cookingmatters.org





The CDC Worksite Health ScoreCard:

An Assessment Tool for Employers to Prevent Heart Disease, Stroke, & Related Health Conditions



Health ScoreCard Manual

Updated January 2014

National Center for Chronic Disease Prevention and Health Promotion
Division for Heart Disease and Stroke Prevention



Physical Activity



<i>Physical Activity</i> During the past 12 months, did your worksite:	Yes	No	Score
48. Provide an exercise facility on-site?	<input type="checkbox"/> (3 pts.)	<input type="checkbox"/> (0 pts.)	
49. Subsidize or discount the cost of on-site or offsite exercise facilities?	<input type="checkbox"/> (3 pts.)	<input type="checkbox"/> (0 pts.)	
50. Provide environmental supports for recreation or physical activity? <i>Answer "yes" if, for example, your worksite provides trails or a track for walking/jogging, maps of suitable walking routes, bicycle racks, a basketball court, open space designated for recreation or exercise, a shower and changing facility.</i>	<input type="checkbox"/> (3 pts.)	<input type="checkbox"/> (0 pts.)	
51. Post signs at elevators, stairwell entrances or exits and other key locations that encourage employees to use the stairs? <i>Answer "no" if your worksite is located in a one-story building.</i>	<input type="checkbox"/> (3 pts.)	<input type="checkbox"/> (0 pts.)	
52. Provide organized individual or group physical activity programs for employees (other than the use of an exercise facility)? <i>Answer "yes" if, for example, your worksite provides walking or stretching programs, group exercise, or weight training.</i>	<input type="checkbox"/> (3 pts.)	<input type="checkbox"/> (0 pts.)	
53. Provide brochures, videos, posters, pamphlets, newsletters, or other written or online information that address the benefits of physical activity? <i>Answer "yes" if these health promotion materials address the benefits of physical activity as a single health topic or if the benefits of physical activity are included with other health topics.</i>	<input type="checkbox"/> (1 pt.)	<input type="checkbox"/> (0 pts.)	
54. Provide a series of educational seminars, workshops, or classes on physical activity? <i>Answer "yes" if these sessions address physical activity as a single health topic or if physical activity is included with other health topics. These sessions can be provided in-person or online; on-site or off-site; in group or individual settings; through vendors, on-site staff, health insurance plans or programs, community groups, or other practitioners.</i>	<input type="checkbox"/> (2 pts.)	<input type="checkbox"/> (0 pts.)	

Where to Start

1. Talk to leadership
2. Form a wellness team
3. Conduct a quick assessment / employee poll
– *don't forget about the CDC Worksite Health Scorecard!*
4. Start with small changes
5. Be the champion!



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Concern: “Healthy” is confusing!

Response:

- Recognize the concern
- Remember - *Keep it simple!* Whole foods in their natural form - whole grains, fruits, and vegetables, and oils for healthy fat
- Resource: [Tip Sheets from ChooseMyPlate.gov](#)

 United States Department of Agriculture

10 tips Nutrition Education Series

 **MyPlate MyWins**

Based on the Dietary Guidelines for Americans

Add more vegetables to your day

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your day, try them as snacks and add them to your meals.

- 1 Discover fast ways to cook**
Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or bok choy in a bowl with a small amount of water in the microwave for a quick side dish.
- 2 Be ahead of the game**
Cut up a batch of bell peppers, cauliflower, or broccoli. Pre-package them to use when time is limited. Enjoy them in a casserole, stir-fry, or as a snack with hummus.
- 3 Choose vegetables rich in color**
Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.
- 4 Check the freezer aisle**
Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, edamame, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.
- 5 Stock up on veggies**
Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as “reduced sodium,” “low sodium,” or “no salt added.”
- 6 Make your garden salad glow with color**
Brighten your salad by using colorful vegetables such as black beans or avocados, sliced red bell peppers or onions, shredded radishes or carrots, and chopped red cabbage or watercress. Your salad will not only look good but taste good, too.
- 7 Sip on some vegetable soup**
Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.
- 8 While you're out**
If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or a side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.
- 9 Savor the flavor of seasonal vegetables**
Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys. Or visit your local farmers market.
- 10 Vary your veggies**
Choose a new vegetable that you've never tried before. Find recipes online at WhatsCooking.fns.usda.gov.

Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider, employer, and lender.

Go to ChooseMyPlate.gov for more information.

DG TipSheet No. 2
June 2011
Revised October 2016



Concern: Eating healthy is expensive!

Response: Healthy does not need to be expensive

- Frozen vegetables and canned beans (when nothing else is added)
- Staples like brown rice
- In-season produce
- Double Up Food Bucks
- Resource: Cooking Matters [“Meeting Your MyPlate Goals on a Budget”](#) Guide

How Much Produce Can You Buy For \$10?

The USDA's MyPlate recommends that we fill half our plates with all forms of fruits and vegetables, or about 2.5 cups of vegetables and 2 cups of fruit each day. Using a combo of fresh, frozen, and canned produce, you can get 3 extra servings of fruits and veggies compared to buying only fresh!



Concern: I'm too busy for this

Response: Shopping for healthy foods can be quick!

- Shop the perimeter
- Resource: Eat Smart Move “Aisle by Aisle”

Aisle By Aisle

Take a trip through the grocery store to learn a few tips about making healthier food and drink choices.

Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.

Print and take these pocket-sized shopping tips with you to the grocery store.



Choosing Healthy Beverages



Choosing Whole Grain Bread



Shopping for Canned Fruits and Vegetables



Selecting Cereal and Cereal Bars



Managing the Cookie Aisle



Choosing Dairy

<http://myeatssmartmovemore.com/AisleByAisle.html>

Concern: My kids won't eat healthy

Response: Yes they will!

- Encourage kids to help in the kitchen
- Explore with “hidden veggies”

40 Ways to Sneak Veggies Into Any Meal Without Sacrificing Flavor

<https://greatist.com/health/40-unexpected-ways-add-veggies-meal>

parent tips

We can!
Ways to Enhance Children's Activity & Nutrition

Getting Kids in the Kitchen

Cooking with your kids is a good way to help them build healthy eating habits.



Let them help

You can show your kids how to help you prepare meals. Here are ways that young kids can help in the kitchen:

2-year-olds can:

- Wipe tabletops
- Wash fruits and vegetables
- Tear lettuce or greens
- Break cauliflower or broccoli into pieces
- Carry ingredients from one place to another

3-year-olds can:

- Knead and shape dough
- Mix or pour ingredients
- Shake liquids in a covered container to mix them
- Apply soft spreads
- Put things in the trash

4-year-olds can:

- Peel oranges or hard-boiled eggs
- Mash bananas or cooked beans with a fork
- Cut parsley and green onions with kid-safe scissors
- Set the table

5 to 6-year-olds can:

- Measure ingredients
- Use an egg beater

<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/cookwithchildren.pdf>



Concern: Healthy doesn't taste good

Response: Healthy foods can be tasty too!

- Healthy substitutions: many traditional foods can be remade healthy – and you'll hardly notice!
- Healthy fats for fullness
- Makes you feel good too!

Mayo Clinic Healthy Substitution List

Your guide to ingredient substitutions for healthy recipes

If your recipe calls for this ingredient:	Try substituting this ingredient:
Bacon	Canadian bacon, turkey bacon, smoked turkey or lean prosciutto (Italian ham)
Bread, white	Whole-grain bread
Bread crumbs, dry	Rolled oats or crushed bran cereal
Butter, margarine, shortening or oil in baked goods	Applesauce or prune puree for half of the called-for butter, shortening or oil; butter spreads or shortenings specially formulated for baking that don't have trans fats Note: To avoid dense, soggy or flat baked goods, don't use oil in place of butter or shortening. Also don't use diet, whipped or tub-style margarine in place of regular margarine.
Butter, margarine, shortening or oil to prevent sticking	Cooking spray or nonstick pans



Concern: I don't have anywhere to buy healthy foods

SNAP, WIC

Farmers Markets –
Accepting SNAP,
Double Up

Corner Stores

- Canned and frozen options



*Don't underestimate
the power of
customer demand!*

Specific Participant needs

Pregnant participants

- [Eating Healthy During Pregnancy](#) (March of Dimes) provides information about what and how much pregnant women should eat, as well as a [sample menu](#).
- [Foods to Avoid or Limit During Pregnancy](#) and [managing Cravings During Pregnancy](#) (March of Dimes).
- Information about [Prenatal Vitamins](#) (March of Dimes).

Postpartum participants

- Tips for [Keeping Breastmilk Safe and Healthy](#) (March of Dimes)





FAMILIES FORWARD RESOURCE CENTER

»»» *Strong Families, Strong Communities*

Healthy Babies Strong Families Healthy Start Program

Vision: Safe, healthy and prosperous communities in Northeast Denver and North Aurora

Mission: To enrich entire families lives through partnership and services that create a safe, healthy and connected community

While Healthy Babies Strong Families(HBSF) is providing services to address all factors of social determinants of health, we have determined that one missing link is the health (physical environment) component. Because this factor impacts the participants overall success and well-being.

50

NOTE: health is tied into depression, social isolation, caring for child(ren), and sustaining a livelihood.

Cooking Matters

Empower families with skills to stretch their food budget and cook healthy meals



Fit Body & Soul

Behavioral Lifestyle program for diabetes Prevention



Personal
Trainer



Nutritionist



Life Coach

Lesson Learned

- ❖ We (staff) model the created activities
- ❖ Foster a culture of wellness
- ❖ Recognize the challenges with getting participants engaged
- ❖ Remove the barriers and make things simple and fun

Thank You

Shawn Taylor: HBSF Program Director

shawn@familiesforwardrc.org

Nathifa Miller: Collective Impact Coordinator

Nathifa@familiesforwardrc.org

Questions?



Chat in one strategy that we talked about on today's webinar that you are interested in or are considering pursuing.



Just Launched - Healthy Living Webpage!



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Healthy Start EPIC Center



HEALTHY START

HEALTHY START IMPLEMENTATION

TRAINING AND EVENTS

RESOURCES

HEAR FROM YOUR PEERS

ABOUT HS EPIC CENTER

Healthy Living

[Outreach Tools](#)

[Evidence Based Practices](#)

[National Organizations](#)

[Online Trainings](#)

[Project Director's Guide and Project Management Hub](#)

[Healthy Living](#)

[Healthy Eating](#)

[Physical Activity](#)

[Mindfulness and Stress Reduction](#)

What is the Healthy Living Initiative?

Eating, physical activity, and stress reduction (collectively referred to as "Healthy Living") impacts health during all stages of life. Living healthy contributes to physical and mental/emotional health and well-being, which helps to prevent chronic illnesses such as heart disease that negatively impact health.

Our ability to be healthy is impacted both by our individual behaviors and the environment around us. Using a comprehensive approach, the goals of the Healthy Start Healthy Living Initiative are to increase awareness of environmental influences of healthy living behaviors, and to provide specific ideas for Healthy Start programs to support Healthy Living. The initiative encourages efforts at multiple levels: individual (including both staff and participants), the Healthy Start program, and community-wide efforts. Taking this comprehensive approach helps to ensure that everyone is fully supported to live healthy lives.



Foundational Webinar Series on Healthy Living

Healthy Living Initiative: Taking a Landscape View to Healthy Living This webinar explored how healthy living influences health outcomes, how our surroundings influence our ability to live healthy, and what types of changes Healthy Start programs can make to support living healthy. (Presented live 6/22/17)

Supporting Healthy Eating: Strategies for Healthy Start Programs: This webinar provides specific ideas for how Healthy Start programs support healthy eating. (Planned October 2017)

Supporting Physical Activity: Strategies for Healthy Start Programs: This webinar provides



Healthy Eating Resources

Healthy Eating

Outreach Tools

Evidence Based Practices

National Organizations

Online Trainings

Project Director's Guide and
Project Management Hub

Healthy Living

Healthy Eating

Physical Activity

Mindfulness and Stress
Reduction

Eating healthy foods, such as *whole grains, vegetables, and fruits*, contributes to overall health and wellbeing. Eating healthy is associated with decreased blood pressure and blood sugar. For women who are pregnant, eating healthy can reduce the risk of poor maternal and infant health outcomes such as low birth weight and premature birth. For preconception women, eating healthy can help to ensure a healthy pregnancy. For parents, being a good role model helps kids to grow up with healthy behaviors. A healthy food environment can support individuals to make healthy choices.



Overview Webinar: Strategies to Support Healthy Eating (Planned October 2017)

Featured Resources

Find resources and strategies for your program to support participants and staff to eat healthy.

Working with participants?

Click the arrows below for resources to participants in eating healthy across the perinatal periods.

- ▼ All Participants
- ▼ Pregnant Participants
- ▼ Postpartum Participants
- ▼ Parenting Participants

Looking for ideas for your program?

Click the arrows below for resources for your program to support healthy eating.

- ▼ Changes to Your Healthy Start Program Setting
- ▼ Healthy Eating Education Courses

Want to tap into community efforts?

Click the arrows below for resources to support healthy eating initiatives in your community.

- ▼ Community Resources



Healthy Eating Resources

Healthy Eating

- Outreach Tools
- Evidence Based Practices
- National Organizations
- Online Trainings
- Project Director's Guide and Project Management Hub
- Healthy Living
 - Healthy Eating**
 - Physical Activity
- Mindfulness and Stress Reduction

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Looking for ideas for your program?

Click the arrows below for resources for your program to support healthy eating.

- ▼ Changes to Your Healthy Start Program Setting
- ▼ Healthy Eating Education Courses

Want to tap into community efforts?

Click the arrows below for resources to support healthy eating initiatives in your community.

- ▼ Community Resources

Featured Resources

Find resources and strategies for your program to support participants and staff to eat healthy.

Working with participants?

Click the arrows below for resources to participants in eating healthy across the perinatal periods.

^ All Participants

- [Supplemental Nutrition Assistance Program \(SNAP\)](#) provides a monthly supplement for purchasing nutritious food.
- [Special Supplemental Nutrition Program for Women, Infants, and Children \(WIC\)](#) provides access to healthy foods for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women
- [Healthy eating tip sheets](#) on a range of topics such as meal planning, adding vegetables to the day, and healthy snacks. Available in English and Spanish. ([ChooseMyPlate.gov](#))
- [Cooking Matters](#) helps families to shop for and cook healthy meals on a budget. The [Meeting Your MyPlate Goals on a Budget](#) guide provides sample recipes and concrete ideas for healthy, affordable meals.
- [Videos on shopping healthy, aisle by aisle \(Eat Smart Move More\)](#)
- [Healthy recipes for Hispanic/Latino meals \(CDC\)](#)



Takeaways

Healthy eating doesn't have to be complicated.
Keep the message simple.

There are many changes that you can make today including:

- How staff talk to each other and with participants about eating healthy
- Changes to your program setting (e.g., healthy events)
- Finding out what local efforts to support

Upcoming Events

Healthy Living Initiative Webinars Cont.

- November 7 – Supporting Physical Activity: Strategies for Healthy Start Programs
- December 5 – Supporting Stress Reduction / Mindfulness: Strategies for Healthy Start Programs

Working Group

Healthy Start Programs

Shawn Taylor, Healthy Babies Strong Families Healthy Start Program in Denver

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- Christina Lottie
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- Katie DeAngelis
- Megan Hiltner
- And others!





Thank You

Contact us! healthystartepic@jsi.com