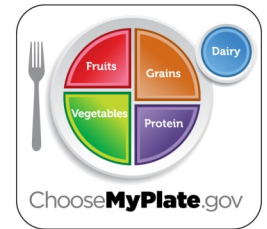




Easy Ways to Promote Nutrition in Your Program



Color, color, color!

- Colorful foods look more appealing and foods that are naturally colorful are usually healthy too
- Colorful posters on the walls can help promote healthy eating
- Have children create colorful placemats or posters with healthy messages

Use everyday items to promote nutrition

- A dinner plate can be used to show serving sizes for healthy eating: $\frac{1}{2}$ fruits and vegetables, $\frac{1}{4}$ grains, $\frac{1}{4}$ protein, add dairy to make a complete meal
- A deck of cards, coins, baseball, and computer mouse can be used to show portion sizes

Help your clients get excited about nutrition

- Use games and trivia to help clients learn

Set a good example

- Offer a variety of foods for clients to try at your program- the donated list is a good place to find new foods
- Offer information to clients to reinforce nutrition messages- put handouts in the bags and post information on the walls

Teach by showing, not by telling

- Use demonstrations to show clients how to choose healthier foods- ask for volunteers to help with the activities
- Use visuals to make points easier to understand
- Use cooking and tasting to demonstrate cooking skills and encourage clients to try new foods



Contact the Nutrition Resource Manager at the Food Bank For New York City.
Nutrition education materials, are available for your program!
(212) 566-7855 x 2277