## HEALTHY FOOD MORE AVAILABLE \& ACCESSIBLE IN THE HOME

When healthy food is readily available in the home environment, children are able to develop healthy diets early on.

Healthy lifestyles lower the risk for:
$\Rightarrow$ diabetes
$\Rightarrow$ obesity
$\Rightarrow$ high cholesterol

This is especially important for Native American communities because they are at a much higher risk for these conditions.

This is due to a variety of factors such as education, socioeconomic status, and location.

## Tips to Making Healthy Food More Accessible

- Plant your own vegetables
- If available, buying produce from a farmers market. A lot of them are more accessible \& accept WIC and EBT.
- Out of sight, out of mind - Keep unhealthy snacks out of the house
- Pay attention to nutrition labels.
- Avoid high-fat \& high-sugar snacks.
- Cut up veggies and fruits in proper portion sizes for your kids to snack on instead of high sugar or high fat snacks
- Make veggies \& fruits (cucumbers, bananas, apples) readily available in plain sight such as counter
- Portion sizes
- Children under 3 stop eating when they feel full but above that they eat what you give them
- Child-size portions are important for teaching moderation
- Don't get discouraged
- It may be harder for kids to eat healthier when they are used to a different diet
- It can take kids 9-15 tries to begin to like a new food
- Increase kids' involvement in the shopping process
- Allow them to pick out a new vegetable or fruit when grocery shopping \& let them help cook/prepare it
- Join reward programs at your main grocery stores
- Many programs offer a lot of coupons to members that can help save a lot of money

Use the following outline to help keep track of the coupons you need for your essentials.

- Product: Name of the item \& specific store.
- Description: List any specific details needed about the item.
- Price: Regular price before coupons.
- Coupons: List all specific coupons you have for that specific item.
- Price with Discounts: Potential price after coupons.
- Units: Specify the unit number and label.


## Here is an example:

| Product | Description | Price | Coupons | Price w/ <br> Discounts | Units |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Laundry Detergent (Target) | Lavender Scented | $\$ 11.99$ | $\$ 2$ off | $\$ 9.99$ | 20 oz |


| Product | Description | Price | Coupons | Price w/ <br> Discounts | Units |
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## DUCT TAPE COUPON HOLDER

Materials: Ziploc Sandwich Bag, Duct Tape,
Scissors
Instructions:

1. Lay out bag and measure the duct tape horizontally, diagonally, or vertically across the bag. You can use the duct tape from booster 5 or any other colorful duct tape you have.
2. Cut the tape with the scissors \& stick it carefully to the bag.
3. Overlap the previously placed tape a little bit.
4. Continue until entire bag is covered with duct tape.
5. Use this bag to hold your coupons for easy access during shopping trips.

