

# 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:

- ⇒ diabetes
- $\Rightarrow$  obesity
- ⇒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

- o Pay attention to nutrition labels.
- o 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
- o 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
- o 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/ Discounts	Units
Laundry Detergent (Target)	Lavender Scented	\$11.99	\$2 off	\$9.99	20 oz

Product	Description	Price	Coupons	Price w/ Discounts	Units
Product	Description	Price	Coupons	Discoulits	Offics



### 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.





