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
- 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.
  o Cut up veggies and fruits in proper portion sizes for your kids to snack on instead of high sugar or high fat snacks
  o Make veggies & fruits (cucumbers, bananas, apples) readily available in plain sight such as counter

• Portion sizes
  o 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
  o 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
  o 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
  o 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:

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
<th>Price</th>
<th>Coupons</th>
<th>Price w/ Discounts</th>
<th>Units</th>
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</thead>
<tbody>
<tr>
<td>Laundry Detergent (Target)</td>
<td>Lavender Scented</td>
<td>$11.99</td>
<td>$2 off</td>
<td>$9.99</td>
<td>20 oz</td>
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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.