



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
- ⇒ 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**
 - 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

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.

