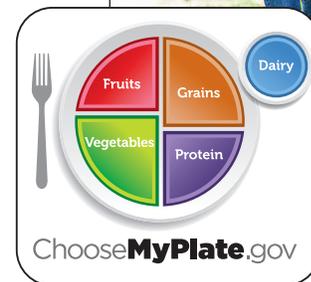
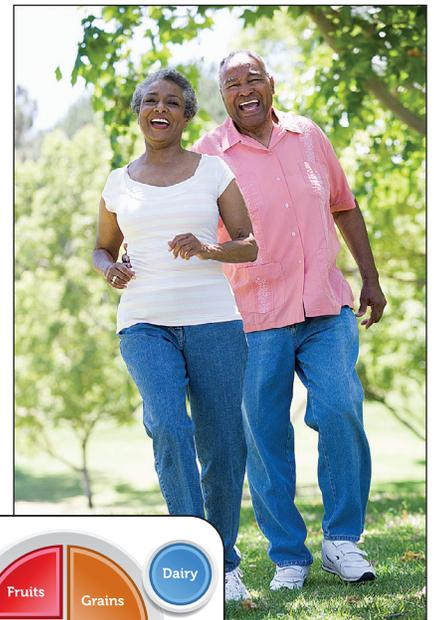


Environmental Supports to Eat Smart and Move More at Community Sites IDEAS

Here are some simple suggestions for creating a healthier environment for your participants and staff.

Choose a few to focus on throughout the year. Keep this list as a reference.

- Form a health committee (staff and community members) to explore ways to promote healthy practices.
- Create written health policies.
- Expand/Update written health policies, if already in place.
- Communicate health policies to community members, staff, and visitors.
- Encourage staff to model healthy eating and physical activity behaviors.
- Partner with local farmers and distributors to provide local fruits and vegetables in meals.
- Promote Farmers Market Nutrition Programs.
- Periodically assess lunch menus (and snacks) and look for ways to boost nutrition.
- Start an on-site garden.
- Make water the beverage of choice.
- Promote fruit and vegetable snacks.
- Offer staff members accessible and free or low-cost healthy eating/nutrition programs.



Continued on the back

- Provide daily physical activity opportunities for community members.
- Develop a plan with community members on ways to be active on the weekends.
- Partner with local groups to promote and provide fitness and/or nutrition activities for community members.
- On-site physical activity facilities (gym, walking trail, etc.) are open to community members, their families, and the community outside of regular hours.
- Host fitness challenges or walking buddy programs with community members and/or staff.
- Offer staff members accessible and free or low-cost physical activity/fitness programs.
- Offer health screenings for participants and staff a few times a year.
- Offer staff members health education and health-promoting activities.
- Offer Medicaid and Medicare sign-up assistance.
- Partner with other community organizations to offer other disease prevention and management education programs to participants.
- Partner with NC Extension's More In My Basket Program to provide SNAP eligibility screening and application assistance (as appropriate.)



Adapted from the School Health Guidelines to Promote Healthy Eating and Physical Activity—Centers for Disease Control and Prevention and the U.S. Administration on Aging.



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