



NDEP African American Campaign Healthy Family Reunion Live-Read Script

Healthy Family Reunion (:60 PSA)

It's summertime—time for family reunions and this important message from the **[organization]**. Make your family reunion a happy and healthy time for family members who have diabetes. There's nothing harder for a person with diabetes than making healthy food choices at a big family feast. Let your family members with diabetes know you're on their side. Serve a variety of lowfat, high fiber foods. That means lots of fresh fruits and vegetables...grilled lean meats, fish, and chicken without the skin. Cut the fat by cutting down on mayo, oil, and butter. Increase the fiber with whole grain breads, peas, and beans. Make your family reunion a time to remember. Make it a time to help your loved ones control their diabetes for life. Call **[organization]** at **[phone number]** to learn more.

Healthy Family Reunion (:30 PSA)

There's nothing harder for a person with diabetes than making healthy food choices at a big family reunion. Let your family members with diabetes know you're on their side. Serve a variety of low fat, high fiber foods. That means lots of fruits and vegetables... lean meats, fish and chicken...whole grain breads, peas, and beans. Help your family members control their diabetes for life. Call **[organization]** at **[phone number]** to learn more.

