

Tip Sheets

1

Try fruit and vegetable stands, gardens, and pick-your-own farms:

- ◆ Eat homegrown and local produce—it is fresher and tastes better!
 - ◆ If you live in a larger city, visit farmer’s markets and produce stands to build “small-town” connections with the people who grow your food.
 - ◆ Buy in-season fruits and vegetables—they are usually the least expensive.
 - ◆ Buy fruits and vegetables in bulk and freeze (strawberries, corn) or can (peaches, beans) what you don’t eat, for an “off-season” treat!
 - ◆ Go with a friend to a pick-your-own place and share what you pick with other friends and neighbors.
 - ◆ See the Community Resource Guide for places to get low-cost, fresh fruits and vegetables.
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2

Drive on past the fast food:

- ◆ If you are often tempted to stop for fast food in the mornings, eat a healthy breakfast at home instead—this is usually faster and cheaper!
 - ◆ Take quick snacks, like apples or carrot sticks, when running errands, so that you are not hungry when you pass a fast-food place. Plan for times like this and buy healthy, quick snacks at the grocery store.
 - ◆ Use recipes in the *New Leaf* cookbook to prepare “fast” food at home!
 - ◆ If you eat at fast-food restaurants, be sure to look at the nutrition information to choose the healthiest options.
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3

Make healthy choices easier in your home:

- ◆ Keep a big bowl of fruit in the house, instead of a candy dish.
- ◆ Treat the children in your household to tasty, convenient, and healthy snacks. Try grapes, trail mix, flavored rice cakes, bananas and apples with peanut butter, and nuts. It’s never too early to start eating healthy!
- ◆ Don’t bring unhealthy foods into your home. But if you do, keep healthy foods in easy-to-reach places, and put unhealthy foods in hard-to-reach places.

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Make healthy choices easier at church or social gatherings:

- ◆ Take a healthy dish to potluck dinners, and encourage your family and friends to try it!
- ◆ Choose healthy foods at potlucks and other gatherings. Try healthfully prepared vegetables and fruits; avoid dishes with heavy sauces and creams; choose baked or grilled meats rather than fried.
- ◆ Talk to church or social club leadership about including healthy foods at church-wide or club-wide meals. Recommend a caterer or restaurant that has healthy food.

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Make your workplace a healthier place to be:

- ◆ Bring food from home—when you grocery shop, stock up on foods that you enjoy, such as sandwiches, canned fruit, or salad fixings, which can be very easy to bring to work.
- ◆ In your work cafeteria, choose fruits, vegetables, whole grain breads, and lean meats.
- ◆ If you eat from a snack bar, choose low-fat yogurt, milk, fruit, granola bars, or bottled water.
- ◆ If you buy foods from a vending machine, choose water or diet drinks, and snacks like granola bars, baked potato chips, pretzels, or animal crackers.
- ◆ If you would like to see healthier foods made more available at work, ask management what you can do to make this happen!
- ◆ Take advantage of kitchen facilities at work.

If a refrigerator is available, bring:

- Fruit salad
- Low-fat yogurt
- Tuna salad and crackers

If a microwave is available, bring:

- Leftovers
- Healthy soups that can be reheated
- Low-fat frozen entrees

If neither is available:

- Talk with your boss about how to make a refrigerator and/or microwave available.
- Pack healthy lunch items that don't need to be refrigerated, such as peanut butter on whole wheat bread, fruit, or raw vegetables.

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Walk in your community:

- ◆ Start a walking group in your community!
- ◆ Walk for errands instead of driving.
- ◆ Think about other places to walk, such as school tracks or malls. See the Community Resource Guide for more information about places to walk.
- ◆ Call the appropriate city or county agencies if sidewalks, traffic, crime, lack of streetlights, or stray animals keep you from walking in your area. (The Community Resource Guide lists the people and phone numbers to call.)

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Enjoy nearby parks or trails:

- ◆ Take a family trip to a park—walk around the playground while your children play on the equipment. Use parks as a place for the whole family to enjoy the outdoors while getting exercise!
- ◆ Start a walking group at a local park.
- ◆ While you walk at the park, you can also use your time for prayer, meditation, or reflection.
- ◆ Write or call the Parks & Recreation Department to suggest park improvements, such as adding benches, widening paths, or adding restroom facilities (see the Community Resource Guide for information).
- ◆ If a park seems unsafe, contact the Police Department for more patrolling. Look for information about park watches in the Community Resource Guide.

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Exercise at low-cost exercise places:

- ◆ Try all-women's gyms, and ask about special deals.
- ◆ Ask local gyms about trial memberships. Take a friend with you and try it out!
- ◆ If an exercise place doesn't offer programs or equipment you like, talk to the manager and make some suggestions.
- ◆ See the Community Resource Guide for low-cost fitness centers and gyms.

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Use school facilities to exercise:

- ◆ Call local schools, community colleges, and universities to find out if they allow the public to use their facilities.
- ◆ The Community Resource Guide includes some schools that allow the public to use their facilities.

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Walk in the mall:

- ◆ Join the mall walking group, and reap extra benefits like making new friends.
- ◆ See the Community Resource Guide for the hours the mall opens for mall walkers.

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Exercise before, during, or after work:

- ◆ Look for opportunities to be active and boost your energy at work. Take the stairs, walk to a coworker's office (instead of calling or emailing), and park your car farther away from the entrance.
- ◆ Explore the area around your workplace to find a safe place for walking during lunch, breaks, or after work.
- ◆ Talk to your boss about providing flex-time during work for exercising.
- ◆ Bring exercise clothes and stop at a park, trail, gym, or track on your way to or from work.

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Make your community safer from crime:

- ◆ Organize a Community Watch or Park Watch in your area to foster deeper community relationships and to deter would-be criminals.
- ◆ See the Community Resource Guide for more information on who to call.

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Ask your city or town for safer traffic patterns:

- ◆ Improve the walking and biking infrastructure in your community by asking for traffic-calming measures in your area.
- ◆ See the Community Resource Guide for more information on who to call.

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Advocate for more or better quality sidewalks:

- ◆ Sidewalks are an important resource for walking in the neighborhood and community. If your community does not have sidewalks, call to ask for new sidewalks to be built.
- ◆ If your community has sidewalks, but they are of poor quality (many cracks, potholes), call to ask for sidewalk repairs.
- ◆ See the Community Resource Guide for more information on who to call.