



American Heart Association®

Healthy for Good™

Healthy for Good EAT SMART Resource Kit  
Locally Sponsored By



## Take Action To **EAT SMART.**

**#1 ... COMMIT. SHARE. POST.** Foster a culture or environment of HEALTHY FOODS and BEVERAGES at your workplace, school, organization or home. Engage champions. Utilize and **actively share** these resources with your audiences, **post to an accessible site, encourage healthy actions** (e.g., eat more veggies, eat more fruit, decrease sodium or sugared beverage consumption) by your people.

**#2 ... HAVE FUN. EAT SMART.** Plan and **hold an activity** or series of activities during October or November, or anytime during the year. Swap/share healthy recipes; hold a healthy potluck; a healthy snacks day; a healthy snack exchange; a healthy fresh fruits day; or any fun and creative healthy foods activity.

**#3 ... Be SOCIAL.** Be active on **social media**. Include **#LifeisWhyNJ** in all of your social media posts. Tell us about your **EAT SMART** activities. **Please share photos of your activities.** **Share photos** of creative, healthy, tasty, delicious, fun activities or events.

**#4 ... Have FUN, Learn MORE, ASK US.** Make healthy eating education and activities FUN, creative and engaging. Take steps to make your food and beverage environment healthier. **Learn MORE** about some of the FREE programs, initiatives and resources available. Ask us questions and **access more** tools and resources at ... [www.heart.org/EatSmart](http://www.heart.org/EatSmart)

The American Heart Association **Healthy for Good™** movement is designed to inspire lasting change through small, simple steps in three key areas: **Eat smart. Move more. Be well.** Sponsored locally by Penn Medicine Princeton Health, the American Heart Association **Healthy for Good™** movement is about simple sharable science and features a wealth of resources that will continue to expand, and includes articles and videos, tips and ideas, infographics, social media, healthy recipes, and more.

[www.heart.org/HealthyForGood](http://www.heart.org/HealthyForGood)

**Questions? Additional Information?** Contact the American Heart Association New Jersey office at (609) 208-0020.

