



American Heart Association.
Healthy for Good™

National EAT SMART Month Resource Kit
 Locally Sponsored By



October 21, 2020

Healthy Foods, Healthy Eating Champion!

Change a little. Change a lot. Everyone has a reason to live a longer and healthier life, and life is why NRG Energy stands in support of the American Heart Association. It gives us great pleasure to provide you with this FREE National **EAT SMART** Month and **EAT SMART** Day Resource Kit.

Eat smart during the month of November and get Healthy for Good™ with the American Heart Association (AHA). The Healthy for Good movement is designed to inspire all Americans to live healthier lives and create lasting change. It focuses on the idea of making small, simple changes.

The approach is simple: **Eat smart. Add color. Move more. Be well.**

AHA National **EAT SMART** Month (Nov.) and National **EAT SMART** Day on November 4 are opportunities for millions of people to kick off a healthier lifestyle, but it's also about having fun and creating community. National **EAT SMART** Month and National **EAT SMART** Day are public awareness observances focusing on making small, simple changes to incorporate healthier foods into a daily diet.

These observances can serve as excellent health education and audience/employee engagement opportunities. NRG and the American Heart Association encourage you to raise awareness, share information and resources with your audiences, and consider holding some type of creative or fun healthy foods or healthy eating activity on Wednesday, November 4 – AHA National **EAT SMART** Day – or anytime during November.

Thank you for supporting American Heart Association National **EAT SMART** Month. Should you have questions or need additional information, please contact the American Heart Association New Jersey State office at (609) 223-3726.

Sincerely,

Jennifer Brunelle
 Director positiveNRG
 NRG Energy, Inc.



Eat smart. Add color. Move more. Be well.

