



American Heart Association
Healthy for Good™

National EAT SMART Month Resource Kit
Locally Sponsored By



2020 American Heart Association National **EAT SMART** Month, **EAT SMART** Day Resource Kit

Resource Kit Contents

- Letter – Thank You for Supporting 2020 AHA National EAT SMART Month (NESM)
- Overview – Resource Kit Table of Contents
- Take Action – To Support AHA National EAT SMART Month
- Planning Guide – 2020 National EAT SMART Month, National EAT SMART Day
- Flyer/Poster (2) – To Promote a National EAT SMART Day Activity (general)
- NESM Article – Get Smart in the Kitchen
- NESM Article – Snack and Sip Smarter
- Social Media Ideas/Content – 2020 National EAT SMART Month, National EAT SMART Day
- Infographic – Impact of Cardiovascular Disease on Employers
- Overview – You Are Not Alone, Online SUPPORT Network (free “virtual warm blanket”)
- Overview – FREE Healthy Workplace Food and Beverage Toolkit (download free resources)
- Overview – Aramark – American Heart Association Healthy For Life 20 By 20 (free resources)
- Infographic – Sip Smarter
- Infographic – 5 Reasons To Add Color
- Infographic – Eat More Color
- Infographic – Seasons Of Eating
- Infographic – Four Ways To Get Good Fats
- Infographic – Building Healthy Lunch Habits
- Infographic – Life is Sweet ... with these Easy Sugar Swaps!
- Infographic – How Too Much SODIUM Affects Your Health
- Infographic – Change Your Salty Ways in Only 21 Days (changing behavior)
- Infographic – What’s A Serving?
- Infographic – Shop Smart & Save
- Infographic – Keep It Fresh
- Infographic – Heart Healthy Essentials for Meal Prep
- Booklet – Grocery Guide

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

Questions? Additional Information? Contact the American Heart Association New Jersey State office at (609) 223-3726.

Learn more, access additional resources at ... www.Heart.org/HealthyforGood