

increase fruit & vegetable access, availability, and consumption

what can I do?

What families & individuals can do

- Support and promote community and home gardens; donate excess produce to a food pantry or senior meal site
- Establish regular family meals and mealtimes
- Consistently offer a variety of fruits and vegetables for meals and snacks
- Role model healthy eating habits for children



What communities can do

- Improve access to retail venues (food stores and restaurants) that sell high-quality fruits and vegetables, especially in underserved communities
- Start or expand Farm-to-Institution programs in schools, hospitals, workplaces, and other institutions
- Start or expand farmers' markets; explore means for offering Electronic Benefit Transfer (EBT) access
- Start or expand community-supported agriculture programs; explore means for offering Electronic Benefit Transfer (EBT) access
- Include fruits & vegetables in emergency food programs (e.g., food banks and food pantries)
- Provide nutrition education-related curriculum and activities for children
- Get training on preparation/menu planning of healthy foods and strategies for supporting healthy eating habits of children
- Provide an opportunity for children to garden; www.dhs.wisconsin.gov/physical-activity/FoodSystem/Gardening/Index.htm

What early care & education providers can do

- Use *What Works in Early Care and Education* to focus efforts on evidence-based and promising strategies www.dhs.wisconsin.gov/publications/P0/P00232.pdf
- Serve more fruits and vegetables with meals and snacks (one fruit and two vegetables in lunches and dinners).
- Ensure that water is readily available throughout the entire day

What healthcare providers can do

- Improve physician education and counseling of patients on obesity prevention. Use *What Works in Healthcare* to focus your efforts on evidence-based and promising strategies to help children eat healthier and be more active www.dhs.wisconsin.gov/publications/P4/p40142.pdf
- Encourage wellness benefits as part of health insurance, such as CSA reimbursement



www.dhs.wisconsin.gov/physical-activity

P-00507E

wisconsin nutrition, physical activity & obesity state plan: 2013 - 2020

What Schools Can Do

- Use *What Works in Schools* to focus your efforts on evidence-based and promising strategies to help children eat healthier and be more active in the school setting
www.dhs.wisconsin.gov/publications/P4/p40132.pdf
- Apply for the Healthier U.S. Challenge Award
- Increase healthy food options in lunchrooms, a la carte, vending and school stores; make options appealing
- Use point-of-decision prompts to highlight fruits and vegetables
- Increase availability of fruits and vegetables in school meals and snacks; incorporate student preferences (i.e., salad bar) and provide taste testing opportunities
- Use the Wisconsin Model Academic Standards for Nutrition Education
- Apply to become a Team Nutrition School
- Start a school fruit and vegetable garden
www.dhs.wisconsin.gov/physical-activity/FoodSystem/Gardening/Index.htm
- Use farm-to-school initiatives to incorporate fresh, locally grown produce into meals

What worksites can do

- Establish an organizational policy related to offering healthier foods and beverages at meetings and conferences
- Provide healthy eating reminders and prompts to employees via multiple means (i.e., email, posters, payroll stuffers, etc.)
- Offer appealing, low-cost fruits and vegetables in vending machines and in the cafeteria
- Include a family component; provide cookbooks, food preparation, and cooking classes for employees' families
- Ensure on-site cafeterias follow healthy cooking practices and set nutritional standards for foods served that align with the U.S. Dietary Guidelines for Americans
- Offer healthy foods at meetings, conferences, and catered events
- Use point-of-decision prompts as a marketing technique to promote healthier choices
- Offer local fruits and vegetables at the worksite (i.e., worksite farmers' market or community-supported agriculture drop-off point)
- Make kitchen equipment (i.e., refrigerator, microwave, stove) available to employees
- Provide an opportunity for on-site gardening for employees