



American Heart Association.

EmPOWERED to Serve™

# Eating Smart with Fruits and Vegetables

## RESOURCE LIST

### **Call to Action:**

Eating 2 to 2½ cups (4 to 5 servings) each of fruits and vegetables every day as part of an overall healthy diet pattern may reduce your risk for cardiovascular disease, including heart attack and stroke. Challenge yourself to add ½ cup (one serving) of fruit and vegetables a day. Even adding small amounts is a powerful step toward a healthier, longer life.

The lesson provides suggested American Heart Association/American Stroke Association resources related to fruits and vegetables. You can tailor the lesson to your specific community needs. Add more resources or substitute different ones to make the lesson work best for your community.

### ***Is the program aimed at adults?***

Yes. Keep participants interested by breaking them into small groups to review a resource. Ask each group to share what they learned with the full group.

### ***No audiovisual equipment?***

No worries. Make copies of printed handouts. Ask participants to take turns reading key messages aloud.

### ***Have a projector?***

Great. Use the slides to guide your talk. And download an American Heart Association video for one of your interactive activities.

### ***Have a good Internet connection?***

Show one of the American Heart Association videos, break participants into groups to take an online quiz or give a demo of an online tool.

### ***Think about which formats best teach the health messages to your community members.***

Consider what type of information is most motivating for your community.



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The icon in front of each resource tells you the format of that activity. Below are tips on how to incorporate that activity into the lesson and how much time to budget for it.



**Video:** Play the video and engage participants in a discussion after the viewing.



**Printed Handout:** Ask volunteers to take turns reading the information on the handout.



**Group Discussion:** Break participants into small groups. Ask each group to review the resource and report what they learned to the full group.



**Online Tool:** Give a short demonstration of the tool. Encourage participants to make a note of the URL so they can access it from home.

### Additional Fruit & Vegetable Resources

#### Fresh Fruit & Vegetable Month

June is Fresh Fruit & Vegetable Month. Celebrate all month by adding color to your plate.  
[bit.ly/39ulpJP](http://bit.ly/39ulpJP)

#### Eat Smart Month

November is Eat Smart Month. Learn how to make smarter choices for your eating plan and add colorful fruits and vegetables to your snacks and meals. Host an ETS lesson to support the cause.  
[bit.ly/3bxx2S3](http://bit.ly/3bxx2S3)

#### Healthy Food & Beverage Toolkit

The American Heart Association encourages employers to create a healthy work environment and promote a healthy lifestyle for their employees. Discover how to make the healthy choice the default choice.  
**Download the toolkit:** [bit.ly/2Hi8TRE](http://bit.ly/2Hi8TRE)



**Point 1: Add more color, crunch and flavor to your life with produce. It's a key to good health.**



**How to Eat More Fruits and Vegetables**

(3-5 minutes to read aloud)

[bit.ly/31OVv0O](https://bit.ly/31OVv0O)



**Keep Fruits & Vegetables Fresher Longer**

(5 minutes to read aloud)

[bit.ly/2w6DRtv](https://bit.ly/2w6DRtv)



**How to Pick Seasonal Produce**

(3 minutes)

[bit.ly/31OVLgi](https://bit.ly/31OVLgi)



**Produce Storage Infographic**

(3-5 minutes to review)

[bit.ly/38oBtg3](https://bit.ly/38oBtg3)



**Southern Diet Linked to Heart Disease**

(1 minute)

[bit.ly/2ux0sPM](https://bit.ly/2ux0sPM)



**What is a Serving? (Fruits and Vegetables)**

(3-5 minutes to review)

[bit.ly/37rnGUJ](https://bit.ly/37rnGUJ)

**Point 2: Embrace ways to snack on a variety of fruits and vegetables and include them in all your daily meals.**



**Sneaking More Vegetables Into Meals**

(3-5 minutes to read aloud)

[bit.ly/2vsQSx8](https://bit.ly/2vsQSx8)



## EATING SMART WITH FRUITS AND VEGETABLES | RESOURCE LIST



### **Discuss Ideas for Snacks and How to Add Fruits & Veggies to Meals**

(5-10 minutes for group discussion)



### **Cooking in Color recipe booklet**

27 recipes featuring fruits and veggies in five color palettes

(Pass a sample copy around – 3 minutes)

[bit.ly/2UWGaKn](http://bit.ly/2UWGaKn)



### **Eat More Color Infographic**

(3-5 minutes to read aloud)

[bit.ly/3bCARWn](http://bit.ly/3bCARWn)



### **5 Reasons to Eat More Color Infographic**

(3-5 minutes to read aloud)

[bit.ly/2HjZUzf](http://bit.ly/2HjZUzf)



### **Seasons of Eating Infographic**

(2-4 minutes to read aloud)

[bit.ly/2HCgwTc](http://bit.ly/2HCgwTc)

**Point 3: Recognize that fruit and vegetables are vital for good health, but not everyone has access to them. Take action to improve access for your community or surrounding communities.**



### **Protecting Benefits and Improving Diet Quality in the Farm Bill**

(5-7 minutes to read online)

[bit.ly/2ORejr4](http://bit.ly/2ORejr4)



### **Nutrition Standards and School Meals**

(5-7 minutes to read online)

[bit.ly/37iYrE8](http://bit.ly/37iYrE8)



### **SNAP Incentives**

(5-7 minutes to read online)

[bit.ly/2HimR5X](http://bit.ly/2HimR5X)