Produce-ing Health

*Eat Better—Increase the Amount and Variety of Fruits and Vegetables You Consume*

Resource List

The lesson provides suggested American Heart Association/American Stroke Association resources. 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.

Are mostly families attending? Pick at least one activity that engages children. For ideas, check out the American Heart Association’s Healthier Kids resources ([http://bit.ly/1Hwez4p](http://bit.ly/1Hwez4p)).

Is the program aimed at adults? 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 aloud key messages.

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.
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.

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**National Eating Healthy Day Toolkit**
*Take the first step to making healthier food choices by taking part in the American Heart Association’s National Eating Healthy Day in November. Get the toolkit of materials and how-to information for workplaces, schools, individuals and community organizations.*


**Healthy Workplace Food and Beverage Toolkit**
*Anyone involved with procuring, providing or planning food and beverages in an organization/workplace – from vending machines to catered special events – can use this resource to learn how to make healthy changes.*


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**Point #1: Fruits and vegetables are key to good health.**

- **About Fruits and Vegetables** (3 minutes – read aloud) [http://bit.ly/1OLW0JV](http://bit.ly/1OLW0JV)

- **Fruits and Vegetables–QuickTime** (1 minute, 59 seconds) [http://bit.ly/1HtcZSr](http://bit.ly/1HtcZSr)

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*Produce-ing Health Resource List*  
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Point #2: Eat an overall healthy diet which includes a variety of fruits and vegetables each day.

Eat More Fruits and Vegetables
(3-5 minutes for participants to review a printout of this page, discuss full list of colorful produce and indentify some to add to their daily choices)
http://bit.ly/1DFvqfn

Eat More Fruits and Vegetables
(3-5 minutes to read aloud)
http://bit.ly/1DFvqfn

Simple Cooking With Heart Shopping On A Budget–Infographic
(3-5 minutes to read aloud)
http://bit.ly/1Ews3hH

Salad (Eating)
(17 seconds)
http://bit.ly/1HxJH3r
National Healthy Eating Day Toolkit
(5-10 minutes for a quick walk-through program)
http://bit.ly/1PqCwN8

Healthy Workplace Food and Beverage Toolkit
(Order online, use resources on Increasing Fruits and Veggies At Work)
(3-5 minutes to read aloud)
http://bit.ly/1d6jEVX

Simple Cooking With Heart Recipes
(5-10 minutes to highlight recipes with fruits and vegetables)
http://bit.ly/1DFvJXN

Cooking Skills Videos
(5-10 minutes–open page online and play one of the fruit and/or vegetables How-To-Prepare videos)
http://bit.ly/1INVxoW

Community Garden
(10-15 minutes for a quick walk-through of high-level features)
http://bit.ly/1HxKfpY

**Point #3: Eat fruits and vegetables at every meal.**

Organic Food: Fact vs. Perception
(5-10 minutes for small group discussion)
http://bit.ly/1QpwYUD

Simple Cooking With Heart: Storing Produce–Infographic
(5-7 minutes to read aloud)
http://bit.ly/1DFw6kU

Seasonal Produce–Fall and Winter
(5-10 minutes for small group discussion)
http://bit.ly/1OLZBaU

Seasonal Produce–Spring and Summer
(5-10 minutes for small group discussion)
http://bit.ly/1Karskq
By Any Other Name It's Still Sweetener
(5-7 minutes to read aloud)
http://bit.ly/1bz2aBe

Reading Food Nutrition Labels (5-10 minutes—open page online and review how food labels help you learn about added sugar and sodium in processed foods)
http://bit.ly/1QpyaHz

Try These Tips For Heart-Healthy Grocery Shopping
(5-10 minutes, open page online and review tips plus online grocery list)