



Healthy and Active Before 5

Healthy and Active Before 5 (HAB45) is a collaborative project in Contra Costa County. Our goal is to prevent obesity in kids age 0–5, by building partnerships and environments for healthy eating and active play.

We want each of our community partners to be role models for healthy eating and good nutrition. *Healthy and Active Before 5* is asking its partners to adopt at least one (and up to three) policies aimed at reducing childhood obesity. We believe change starts at home.

AND, we are asking you, as a colleague, to “Pledge the Practice” in your everyday activities (even if your agency is slow to “Pass the Policy”).

Healthy and Active Before 5's staff is available to help.



Offering Healthy Foods & Beverages

Be a role model for good health. Serve healthy foods and beverages at all your meetings, events and fundraisers. This means serving fruits, vegetables, low-fat dairy products and whole grains to clients and to your staff.

PLEDGE THE PRACTICE (YOU)

Are you in charge of planning meetings and events? Think about how your own actions and choices can result in meaningful changes. Just because your agency is slow to pass an “official food policy” doesn’t mean you can’t change some of your everyday habits. *Here are some tips to try...*

Feeding Children:

- **Be adventurous.** Try some unique flavors on your table instead of traditional treats. Have your children ever tasted a star fruit? a frozen grape? crunchy banana chips? Have YOU ever tried these healthy foods?
- **Be innovative.** Rearrange your activities. Try recess or play, before lunch— it can build young appetites for healthy foods. Try serving snacks “family style,” with everyone choosing their own foods and portion sizes.
- **Be helpful.** Keep in mind that small children should eat small portions. Cut foods into small enough pieces so that a preschooler can hold them in one hand.

Adults:

- **Add healthy alternatives.** Much of our eating is social, so shrink the birthday cake and serve a big colorful fruit salad. Place flowers on the table!
- **Reduce portion sizes.** Many of the foods we purchase for meetings are larger than we would eat at home. Cut whole grain bagels and muffins in halves or quarters. Use smaller plates.
- **Leave your leftovers at home.** Want to get those holiday cookies out of the house? We all do... but bringing unhealthy foods to the office can undermine your co-workers’ efforts to stay healthy.

PASS THE POLICY (YOUR AGENCY)

- **Serve water.** Make water easily accessible in your work place. Many places in the county have excellent tap water. For those that don’t, explore tap and pitcher-type filters.
- **Make your vending machines healthy.** Get rid of the sweetened beverages and candy. There are plenty of healthy alternatives available, and they are so much tastier than before!
- **Food at fundraisers.** Has your agency been serving/selling the same junkie food for the last 10 years? It’s time for a change. Help the families you serve make healthy choices.
- **Form an employee or volunteer workgroup.** Motivated staff can generate new ideas for healthy eating and troubleshoot any glitches. Each workplace has different traditions and hopes for the future. (Remember *Healthy and Active Before 5* can help!)

For more information on healthy policy changes for your agency or workplace, please call (925) 676-5442 x3652 or visit

www.healthyandactivebefore5.org