

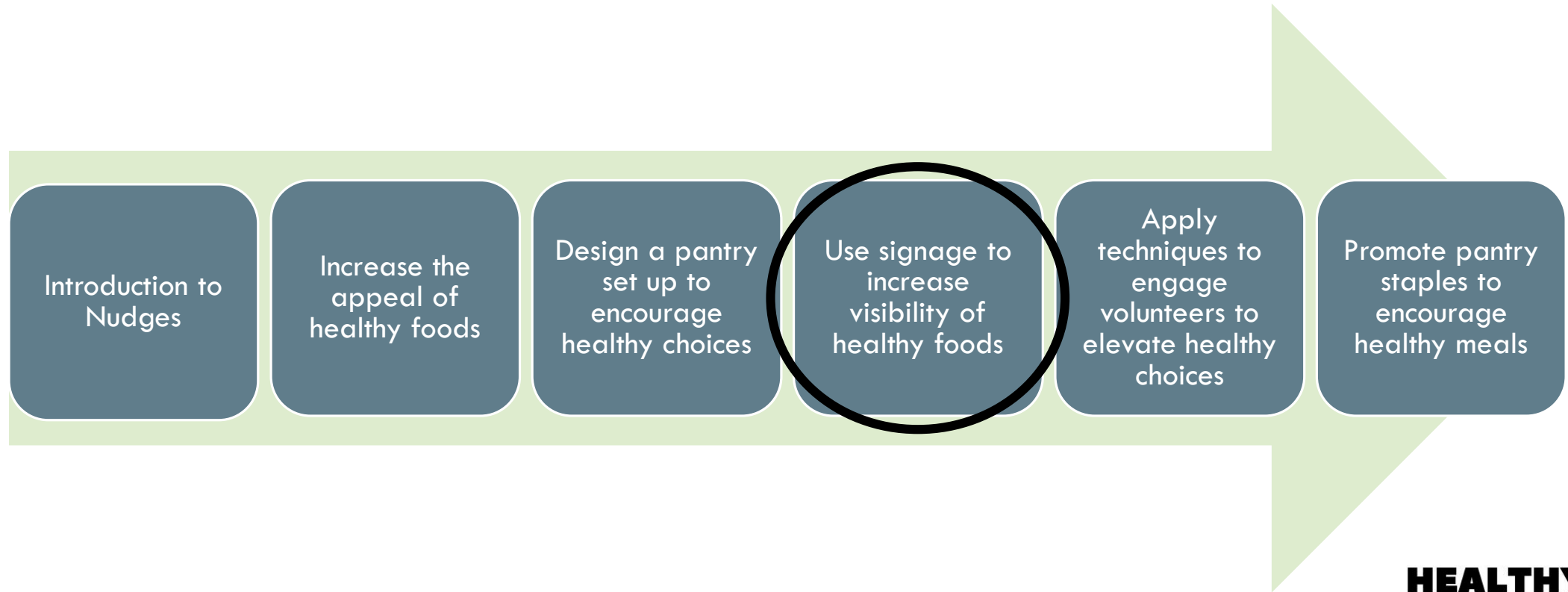
HEALTHY PANTRY NUDGE STRATEGIES *TRAINING SERIES*

Session 4: Use Signage to Increase Visibility of Healthy Foods

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HEALTHY CHOICES MATTER



Healthy Pantry Nudge Strategies
Training Series



TODAY'S PLAN

Strategies

Putting
Strategies
into Action

Resources

STRATEGY IDEAS

ENVIRONMENT IMPACTS BEHAVIOR!

Increase
Visibility

Suggestive
Selling



3 STRATEGIES

Identify Healthy Foods

Provide Nutrition Content through Signage

General Nutrition Posters

IDENTIFY HEALTHY FOODS



PROVIDE NUTRITION CONTENT THROUGH SIGNAGE

WATERMELON

- **92% water: very hydrating**
- **contains citrulline to help reduce muscle soreness**
- **contains vitamins A and C that are great for skin and hair**

Second Harvest
FOOD BANK
OF CENTRAL FLORIDA


**HEALTHY
CHOICES**
MATTER



**HEALTHY
CHOICES**
MATTER 

GENERAL NUTRITION POSTERS

Choose **MyPlate**.gov

Move to low-fat or fat-free milk or yogurt

DAIRY

Get Calcium

Low-fat or non-fat dairy foods have the same amount of nutrients, but less fat and calories.

Healthy Dairy Options:

- Skim or 1% fresh or shelf stable milk
- Low-fat or non-fat yogurt
- Low-fat or non-fat cheeses
- Fortified milk substitutes

Healthy Tip: Avoid added sugars by choosing unsweetened or unflavored dairy products.

Information about kidney health and a diagnosis of kidney disease is available at www.kidney.org. In Michigan, kidney disease is the leading cause of end-stage renal disease (ESRD). ESRD is a condition where the kidneys are no longer able to do their job. It is a serious condition that can lead to death. The National Kidney Foundation of Michigan is a nonprofit organization that provides education, support, and advocacy for people with kidney disease. For more information, visit www.kidney.org.

FRUITS

FRUTAS

Make half your plate fruits and vegetables

Choose **MyPlate**.gov

Haga que la mitad de su plato consista en frutas y vegetales

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PUTTING STRATEGIES INTO ACTION

IDENTIFY HEALTHY FOOD



Photo courtesy of Vt. Food Bank, Vt Fresh Program



Photo courtesy of Katie Martin

PROVIDING NUTRITION CONTENT THROUGH SIGNAGE

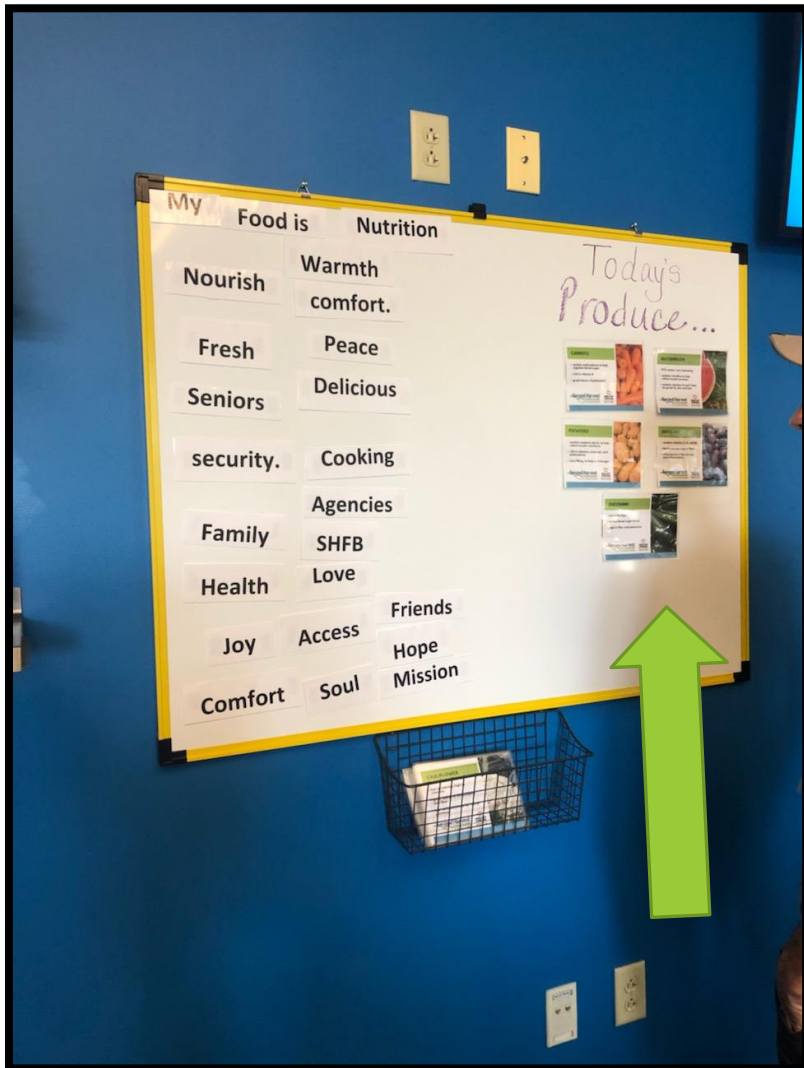


Photo courtesy of Vt. Food Bank, Vt Fresh

GENERAL NUTRITION POSTERS

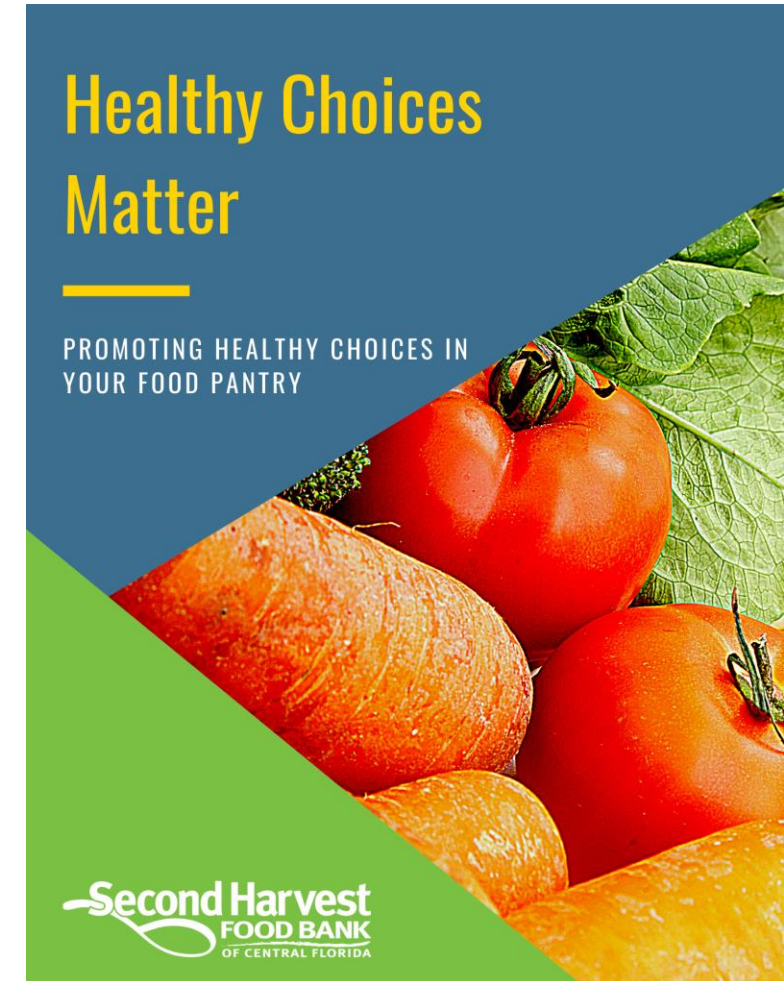


Photo courtesy of Vt. Food Bank, Vt Fresh Program

RESOURCES

RESOURCES AVAILABLE TO YOU TODAY

1. Second Harvest Partner Agency website
2. One-on-One or Group Assistance from Second Harvest & our Partners



THANK YOU!



**HEALTHY
CHOICES**

MATTER