

# COMMUNITY NUTRITION EDUCATION

Aramark and American Heart Association are committed to creating community engagement programs that change relations with food by inspiring families to make healthier food choices part of their everyday lives.

## OUR APPROACH

We designed a [community engagement program](#) aimed at inspiring individuals and families to discover, choose, and prepare healthy foods. By helping participants prioritize healthy foods and preparation techniques and boosting their skills and confidence, we're able to have a positive ripple effect not just on the individual, but on their family and their community's health.

## PROGRAM OVERVIEW

Healthy For Life® offers a food discovery and cooking experience for individuals and families seeking to improve their health by equipping families with the knowledge, skills and confidence to discover, choose and prepare healthy food that helps them reach their potential every day. Through facilitated food discovery experiences such as healthy food tastings, cooking classes, grocery store field trips, and health and well-being workshops, participants build food literacy to improve their health and health of their family.

## RESOURCES

A wide variety of tools are available to help participants bridge the gap between knowing one needs to be healthier, and having the knowledge, skills, and confidence to be make the decisions that will enable them to live healthier. Our [online resource hub](#) contains science-based educational experiences, orientation materials, recipes and support resources, all free to download, for program leaders around the country.

## GOALS AND MEASUREMENT

Our collective goal is to empower individuals and families to make healthy food choices a part of their everyday lives to improve their health and well-being. The curriculum has been proven to:

- Build food literacy (i.e. knowledge, attitudes and beliefs about healthy food).
- Increase skills around preparing and cooking healthy food.
- Increase confidence in preparing healthy home-cooked meals.
- Increase consumption of healthy food (fruits, vegetables, whole grains).
- Increase knowledge of how to connect food choices with daily goals.

## OUR IMPACT

Our work with 300 community organizations in 50 cities around the U.S. is filling a critical need. Our one-stop resource provides nutrition and cooking education that empower participants to:

- Understand the role of food in their health
- Be smart, informed shoppers
- Learn how to select healthier food
- Prepare affordable, healthy meals
- Experience a variety of new, healthy flavors
- Increase their confidence in identifying and using healthy ingredients in home-cooked meals

For additional details, review the [Healthy for Life Impact Report](#).



PEOPLE