

# Make the Healthy Choice the Easy Choice

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**There are many ways your organization, business, school or group can make healthy eating and physical activity choices easier for the people you have contact with. Some ideas:**

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## **Food Environment**

- Include healthy options at meetings, trainings or events if food or beverages are served.
- Provide free drinking water for employees, students, volunteers and visitors.
- Ensure cafeterias, snack bars, vending machines, or food service always provides healthy options in prominent locations and at a prices equal to or less than other options.
- Require that food purchased with your money (caterers, grantees, subcontractors, etc) meet minimum nutrition guidelines.
- Color code or mark healthy options with a Healthy Shasta label. Contact us for ideas or guidelines on selecting healthy foods.
- Support and purchase locally grown food.

## **Physical Activity Environment**

- Supply secure bicycle racks or bike lockers.
- Make stairwells prominent, safe, well-lit, maintained and inviting.
- Create environments where people can conveniently and safely walk or bicycle between home, work, school, parks, errands, etc (good connectivity).
- Consider bicyclist and pedestrian needs in all development and road construction.
- Provide direct walkways from sidewalks or marked walking paths on your property.
- Develop residential areas that have easy access to parks, playgrounds and recreational facilities.

## **Especially for Kids**

- Provide TV-free waiting rooms.
- Provide nursing mothers with locations to pump or nurse.
- Ensure safe routes for children to walk or bicycle to school.
- Set nutrition guidelines if food products are used in fundraising.
- Include foods that fuel performance and health at children's sports, dance, and performance activities (including snacks parents bring to share).
- Include physical activity in all programs serving children (especially those lasting more than 2 hours).

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**Please contact us at (530) 229-8243 for a complete assessment, successful models, or assistance in making healthy changes.**

