



Increasing Fruits and Vegetables Using the Multi-Level Approach

GOAL FOR INDIVIDUAL BEHAVIOR CHANGE <i>Eat at least 5-9 servings of fruits and vegetables each day.</i>	
Interpersonal	<ul style="list-style-type: none"> • Share recipes that encourage serving fruits and vegetables at home or for small groups. • Offer at least five servings of fruits and vegetables to your family each day. • Suggest that families observe special anniversaries and events by planting fruit trees.
Church	<ul style="list-style-type: none"> • Sponsor sessions on buying, storing and preparing fruits and vegetables. • Conduct food demonstrations, cooking classes and taste tests. • Change church policy to add more fruits and vegetables to all church menus. • Offer children fruits and vegetables in place of sweet snacks at Sunday school, church day care, Vacation Bible School. • Serve children 100% fruit juice instead of sweet fruit drinks at Sunday school, church day care, Vacation Bible School. • Include unsweetened fruit juice in church vending machines. • Have a health bulletin board in the church—promote the benefits of eating more fruits and vegetables, 5 A Day. (Appendix XII) • Set aside part of church grounds for a community garden. • Plant container gardens or victory gardens. • Establish a resource library in the church which includes health brochures and cookbooks.
Community	<ul style="list-style-type: none"> • Work with school leaders to remove vending machines from schools unless they contain healthy choices. • Work with major employers to serve more fruits and vegetables in their cafeterias, snack bars and vending machines. • Conduct cooking clubs at local community or senior center. • Encourage the community to set up a farmer's market in low-income areas.

WORKSHOP RESOURCES

Fruits and Vegetables Pre and Post Program Questions

Healthy Foods Policy (Appendix III)

Materials in this Appendix

- Guidelines for Offering Healthy Foods
- Tasty Tips for Smarter Snacking
- Ten Easy Ways to Downsize Serving Sizes
- Eating Well—in the Morning!!
- Eating Well—at Lunchtime!!
- Eating Well—ANYTIME!!
- Eating Together for Health and Fitness

- Food Pyramid
- Recipes

Body & Soul Program (Appendix I)

Search Your Heart (Appendix I)

Project DIRECT (Appendix I)

- Promoting Healthy Behaviors in African-American Faith Communities—The Project DIRECT Experience

Websites: <http://www.nc5aday.com>
<http://www.5aday.gov>