Grab a Bite of Health

In the Community

Ten tips for making healthy food choices in the community.

1 Start a community garden

2 Shop the local farmers markets

3 Plan a healthy picnic with other families in your neighborhood

4 Volunteer at a local food bank, or donate healthy foods

5 Join a local food co-op

6 Join or start a local Food Policy Council

7 Talk to neighborhood convenience store owners about increasing their healthy food options

8 Carry a water bottle with you to fill at local water fountains

9 Pack healthy, easy to carry snacks when you're on the go

10 Eat something healthy at home before going to events/fairs