



*“Working together to reach our health goals.”*

**People want to be healthy.  
Families want to be healthy.  
Let’s get there together!**

Raising a family is hard. It takes lot of time and love. It also costs a lot! This tool will help you make changes so you and your family can eat healthy and be strong! The Nutrition ABCs for Healthy Families will help provide ideas to make changes for you and your family. The changes may be called defaults.

### ***Why are Healthy Defaults Important?***

Healthy defaults help healthy behavior. It gives you choices, with knowledge. It may help your diet provide energy and nutrition. It may make fresh fruit and vegetables available in markets or through gardening. Defaults can make a recreation center a place to learn and have fun. Community programs help with food cost.

## **Who We Are**

**We are here to help you be the best, healthy you!**

### **About Us**

Lauren Sullivan is a registered, licensed dietitian. She practices in Cleveland, Ohio as an outpatient dietitian. She serves the community by helping families find health through food choices, shopping tours, volunteer work at the local food bank, providing cooking demonstrations at the community center. She has a passion for healthy families and is determined to help others achieve health through proper nutrition, exercise, and resources.

### **Contact Information**

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### **References**

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<https://www.unitypoint.org/blankchildrens/arc/11e.aspx?id=933444-89ef-4f39-acdb-3b2a04ca4259>

**Nutrition  
ABCs for  
Healthy  
Families**

## Nutrition ABC's for Healthy Families

Healthy Families Stay  
**A**ctive

Healthy Families **B**ond

Healthy Families **C**ook

Healthy Families  
**D**ecrease Screen Time<sup>5</sup>

Healthy Families  
**E**xercise

Healthy Families Eat  
**F**ive servings of fruits  
and vegetables<sup>6</sup> per  
day...

*"We started to play  
outside more. My kids  
loved it, they slept better,  
and I lost weight!"*

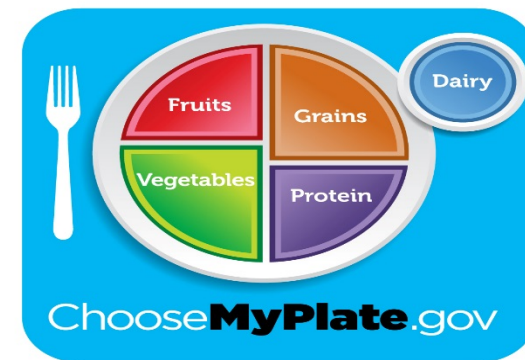


[https://www.health24.com/Diet-and-nutrition/Healthy-foods/6-reasons-why-you-should-opt-for-home-cooking-this-weekend\\_20160915](https://www.health24.com/Diet-and-nutrition/Healthy-foods/6-reasons-why-you-should-opt-for-home-cooking-this-weekend_20160915)

*"Families that cook and  
play together, stay healthy  
together!"*

### Our Mission, To Help Families...

- **Be healthy together**<sup>1</sup>
- **Shop for food** at local fresh markets<sup>1,2</sup>
- **Cook meals** that include a rainbow of color<sup>3</sup>
- **Play together** to stay strong<sup>3</sup>
- **Find resources** to help all of these



<https://www.choosemyplate.gov/eathealthy/WhatIsMyPlate>

### *Ideas/Defaults/Learn*

- **Are you eating large portions?** Use MyPlate for proper portions.<sup>7</sup> Lecture Healthy Weight Healthy Portions. Community Recreation Center. April 5, 2020. 4 pm. Bring your children! We'll be tasting food!
- **Do you eat a lot of fast food? Do you make family meals?** Attend a grocery store tour and learn to plan quick, affordable meals. Find easy ways for your children to help: shop for fruit and vegetables together; clean vegetables; set the table; help to mix ingredients. Acme Store. 101 Front Street. March 30, 2020. 10 am
- **Do you sit most of the day?** Use videos for exercise! Take a 10 minute walk out of doors! Play at the park;. Ride a bike.