



## CRAFT A HEALTHY EATING POLICY

For additional information, visit:

**Nutrition Connections:**

[Healthy Eating Toolkit - Nutrition Connections](#)

**U.S. Food and Drug**

**Administration:** [Health Educator's Nutrition Toolkit: Setting the Table for Healthy Eating | FDA](#)

**Action for Healthy Kids:**

[Toolkit - Action for Healthy Kids](#)

**Help Lines:**

**National Eating Disorder**

**Outline:** 1 (800) 931-2237

[Eating Disorder Hotline | Call Our 24-Hour National Helpline Today \(bulimia.com\)](#)

Healthy Eating and Active Living ... Important to Sustain Health Ministries Promoting healthy eating and active living are priorities because “following a healthy diet and living actively have long-term health benefits. Maintaining a healthy weight is associated with improved quality of life and reduced risk of cardiovascular disease, diabetes, dementia, cancer, liver disease, and arthritis.”

Eating well and getting enough physical activity is important for both physical and emotional health and brings health benefits to people of all ages. There are many things related to our health that we cannot control such as age, gender, race, ethnicity, or family history. However, diet and nutrition are risk factors for conditions such as diabetes, heart disease, and stroke so healthy eating and active living is an area where congregations can have an impact.

As a faith leader, you can lead by example and consider how your organization can best support healthy eating and active living.

Most faith-based organizations do not have the resources to provide a nutritionist or health coach to counsel and support members one-on-one about their nutrition and levels of physical activity.

However, faith-based organizations can help support what is right and pleasing by having a thoughtful food and wellness policy that makes healthier choices the default or easier choice (or, at least an option) instead of the more difficult choice.

The intention is not to take away or ban individual choice and tasty treats, but to encourage and make healthier options available for your congregation.

**For healthy recipes provided by Our Health Ministry, visit:**

[Recipes \(ourhealthministry.com\)](http://www.ourhealthministry.com)



[www.ourhealthministry.com](http://www.ourhealthministry.com)