

Healthy Home Food Environment

1. Where can I find healthy foods in my community?

- **Grocery Stores or Markets in your Neighborhood:** fill your shopping cart with plenty of fruits, vegetables, whole grains and other healthy foods. Visit www.chooseMyPlate.gov to learn more about healthy eating.
- **Farmers Markets:** offer fresh produce in season and most accept CalFresh and WIC benefits. Visit www.ecologycenter.org/fmfinder/ to find your local farmers market.
- **Gardening:** grow fruits and vegetables at your home outdoor space, at school, or at a community garden. Visit www.celosangeles.ucanr.edu for more information.

2. What are some helpful tips for preparing food at home?

- Prepare meals in a healthy way. Limit deep frying foods. Try stir-frying, roasting, grilling, poaching or steaming.
- Prepare meals ahead of time and make enough so you can freeze leftovers in small batches for later use. Try these healthy meals: bean chili, low-sodium soups, vegetable lasagna, and enchiladas.
- Involve everyone in meal planning and preparation. Children are more likely to eat and enjoy the meal if they are included in the meal planning and preparation.

3. What can I do to provide healthy food and beverage options to my family?

- Choose a new fruit or vegetable to try every week. Let the kids choose and make it a fun activity for the whole family.
- Display a bowl of fresh fruit in an open place for a quick grab-and-go snack.
- Keep ready-to-eat vegetables in the refrigerator along with healthy dips like hummus, guacamole, or Greek yogurt.
- Limit sugary drinks like soda and sports and juice drinks.

4. What can I do to follow healthy eating practices at home?

- Be a role model for your family. If you eat healthy, your children are more likely to as well.
- Try to eat together as a family with all electronics turned off.
- Don't use food as a punishment or a reward.
- Don't force your children to eat everything on their plates.



Tips for Food Safety

- Wash your hands for 20 seconds with soap and water before, during and after preparing foods and after using the restroom.
- Wash utensils and surfaces after each use.
- Wash fruits and vegetables, even if you plan to peel them.
- Defrost foods on a deep plate in the refrigerator, not on the counter.
- Keep the temperature of your refrigerator between 35-38° F and your freezer at 0° F using a thermometer.
- To learn more go to Foodsafety.gov

For more information:

Los Angeles County Nutrition and Physical Activity Program

www.publichealth.lacounty.gov/nutrition or call (213) 351-7889

U.S. Department of Agriculture
www.choosemyplate.gov