



WSU SNAP-Ed
Spokane

Planning Meeting



Messaging



Nutritional message to families

Messaging

1

Nutritional message to families

2

Wipe board messages in elementaries

Messaging

1

Nutritional message to families

2

Wipe board messages in elementaries

3

Digital message in secondary

Messaging

1

Nutritional message to families

2

Wipe board messages in elementaries

3

Digital message in secondary

4

PE teacher reinforce message

Nutritional Messaging to families



GO-SLOW-WHOA
Healthy Diet=>GO Foods>SLOW Foods>WHO A Foods

GO
Eat mostly GO foods

- Whole foods
- Unprocessed or least processed foods
- Lowest in salt (sodium), solid fats (saturated and trans), and/or added sugars

Examples: fruits & vegetables, whole-grain foods, lean meats, beans & plain (unsweetened) 1% milk

In between GO foods and WHOA foods
More nutritious than WHOA foods but shouldn't be eaten as much as GO foods

Examples: plain 2% milk, refined-grain foods, & fruit with added sugars

WHO A
Eat WHOA foods less than GO or SLOW foods

- Ultra-processed foods
- Highest in unhealthy solid fats, added sugars, and/or salt

Examples: candy, cookies, chips, fried foods, ice cream, soft drinks, & sugary cereals

There are no "bad" foods, only foods we should eat more of and foods we should eat less of.

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity employer.





Try a GO food for Harvest of the Month. In November we will be tasting APPLES!

APPLES

- There are over 7,000 kinds of apples!
- The science of growing apples is called pomology.
- An apple peel contains 2/3 of an apple's total fiber, along with lots of antioxidants.
- Apples are member of the rose family.
- Apples are 25% air! That's why they float in water.

Stay Hydrated!

- About 60% of the human body is water!
- Hydration aids digestion, energizes muscles, boosts immune system, improves circulation, and enhances brain function
- While about 80% of our hydration comes from fluids, 20% comes from liquids in foods like fruits and vegetables



How Much Water Do You Need?

Women: 9 cups per day

Men: 12.5 cups per day

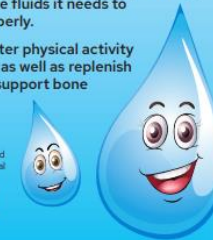
Children:

Toddlers: 2 to 4 cups

4-8 years: 5 cups

9-13 years: 7 to 8 cups

- If engaging in physical activity, more hydration is necessary. It is recommended to drink 7-10 oz. of water every 10-20 minutes during exercise.
- Hydration is one of the most important parts of physical activity. Drinking the right amount of fluids before, during and after physical activity is vital to providing your body the fluids it needs to perform properly.
- Drink milk after physical activity to rehydrate as well as replenish protein and support bone health.



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity employer.

Eating Around the World

Black Bean and Veggie Nachos

Ingredients:

- 6 oz whole wheat tortilla chips
- 1 can (16 oz) black beans, rinsed and drained
- 1 1/2 cups shredded cheese
- 1/2 red onion, diced
- 1/2 tomato, diced
- 1/2 cup spinach
- 1/4 cup bell peppers, diced
- Thinly sliced jalapeños (optional)
- 1/4 cup low-fat sour cream (optional)
- Juice of lime
- Chopped cilantro



Directions:

1. Preheat the oven to 425°F.
2. Arrange the chips in a single layer on a large baking sheet.
3. Spoon the beans evenly over the chips, then top with the cheese and veggies.
4. Bake for 15 to 20 minutes, until the cheese is fully melted. Remove.
5. Combine the lime juice, sour cream, and cilantro. Spoon over the nachos.

Choose **GO** foods and drinks like fruits, vegetables, milk and water to stay hydrated!



Limit **WHO A** drinks like sugary beverages and sodas.

Wipe board/electronic messages

- Fresh Fruits and Veggies are **GO** Foods! Eat Up!

GO: Fresh Apple Slices

SLOW: Canned Applesauce

WHOA: Apple Pie

GO Beverage: Low-fat School Milk

SLOW Beverage: 100% Juice

WHOA Beverage: Energy Drink

Collaboration



Complimentary Approach

