

COMMUNITY NUTRITION EDUCATION

Aramark and the American Heart Association are committed to creating community engagement programs that change individual relationships with food by inspiring families to make healthier food choices part of their everyday lives.

OUR APPROACH

Together, we collaborated to design a [community engagement program](#) aimed at inspiring individuals and families to discover healthy foods. By helping participants prioritize healthy foods and preparation techniques we're able to have a positive impact not just on the individual, but on their family and overall community health.



PEOPLE

PROGRAM OVERVIEW

Healthy For Life® offers a food discovery and cooking experience for individuals and families seeking to improve their health by equipping families with the knowledge, skills and confidence to choose and prepare healthy food that helps them reach their potential every day. Through facilitated food discovery experiences such as healthy food tastings, cooking classes, grocery store field trips, and health and wellbeing workshops, participants build food literacy to improve their health and the health of their family.

RESOURCES

A wide variety of tools are available to help participants bridge the gap between knowing one needs to be healthier, and having the knowledge, skills, and confidence to be make the decisions that will enable them to be healthier. Our [online resource hub](#) contains science-based educational experiences, orientation materials, recipes and support resources, all free to download, for program leaders around the country. The resources are also part of the SNAP-Ed Library and have been accepted as part of the SNAP-Ed Toolkit, a critical resource for state agencies looking to implement nutrition education plans.

GOALS AND MEASUREMENT

Our collective goal is to empower individuals and families to make healthy food choices a part of their everyday lives to improve their health and wellbeing. The curriculum has been proven to:

- Build food literacy (i.e. knowledge, attitudes and beliefs about healthy food).
- Increase skills around preparing and cooking healthy food.
- Increase confidence in preparing healthy home-cooked meals.
- Increase consumption of healthy food (fruits, vegetables, whole grains).
- Increase knowledge of how to connect food choices with daily goals.

OUR IMPACT

Over 800 community organizations around the U.S. have accessed the one-stop resource which provides nutrition and cooking education to empower participants to:

- Understand the role of food in their health
- Be smart, informed shoppers
- Learn how to select healthier food
- Prepare affordable, healthy meals
- Experience a variety of new, healthy flavors
- Increase their confidence in identifying and using healthy ingredients in home-cooked meals

For additional details, review the [Healthy for Life Impact Report](#).