INTRODUCTION
Healthy for Life® is a community-based nutrition and wellbeing program created by Aramark and the American Heart Association to:

- Empower people to make healthy food and lifestyle choices.
- Help change attitudes and behaviors related to food and cooking.
- Equip people with new skills and habits for healthy living.

PURPOSE OF THE TOOLKIT
The September Healthy for Life Messaging Toolkit is part of a 12-month playbook for organizations with materials to promote for each month of the year. The Toolkit reinforces the wellbeing, cooking, grocery shopping and gardening messages from the Healthy for Life program. Many of the infographics and articles can also be found in the Healthy for Life educational experiences.

The September Toolkit breaks the month down by theme and provides you with turn-key content:

- Infographics
- Articles
- Social media graphics
- Facebook and Twitter messages
- Recipes

HOW TO USE THE TOOLKIT MATERIALS
- Promote through your organization website.
- Post on your social networking sites (such as Facebook, Instagram and Twitter).
- Email to organization members.
- Display in high traffic areas of your organization.

This Healthy for Life Messaging Toolkit was created by Aramark and the American Heart Association as part of our Healthy for Life® 20 by 20 Initiative. We are proud to be working together to help improve the health of all Americans.
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INFOGRAPHIC: Get Smart About Superfoods

So-called "superfoods" alone won’t make you healthier—but adding these nutritious foods to an already balanced diet can bring health benefits.

Beans & Legumes
- Economical, plant-based source of protein
- Provide fiber, magnesium and phytonutrients

Berries
- High level of flavonoids
- Can lower risk of heart attack in women

Dark Leafy Greens
- Packed with nutrients, fiber and antioxidants
- Low in calories and carbohydrates

Nuts & Seeds
- Provide proteins, fiber and unsaturated fats
- Best options are unsalted

Oats
- Whole-grain source of dietary fiber
- Can lower risk of heart disease, stroke and diabetes

Pumpkin
- Provides fiber, potassium and vitamin A
- Canned is a convenient, nutrient-loaded choice

Salmon
- Healthy protein
- Provides Omega-3 Fatty Acids

Skinless Poultry
- Usually leaner than beef
- Tastes great grilled, roasted or baked

Yogurt
- Provides calcium, protein & vitamin D
- Best options are low-fat or fat-free
INFOGRAPHIC: The Salty Six for Kids

For Kids

- About 90% of kids eat too much sodium.
- Kids’ preferences for salty-tasting foods can be shaped early in life.
- Parents and caregivers can help lower sodium by influencing how foods are produced, purchased, prepared, and served.

Foods that add the most sodium to the diet, ages 6-18:

1. Pizza
2. Burritos & Tacos
3. Sandwiches
4. Breads & Rolls
5. Cold Cuts & Cured Meats
6. Soups

The sodium kids eat comes from every meal and snack:

- 14% at breakfast
- 31% at lunch
- 16% at snack time
- 39% at dinner

Most of the sodium kids eat is already in the foods they get from:

- Stores: 50%
- Restaurants: 23%
- School Cafeterias: 10%

...and not from the salt shaker

Learn more at heart.org/sodium

Source: https://www.cdc.gov/vitalsigns/children-sodium/
Waldinger, Sodium Intake Among U.S. School-Aged Children — 2009-2010

*Food category includes burritos, tacos, nachos, and other Mexican mixed dishes
**Sandwiches include burgers or frankfurter sandwiches, chicken or turkey sandwiches, breakfast sandwiches, and other sandwiches

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We celebrate National Family Meals Month™ each September. Want to inspire your family to eat smart and be Healthy For Good™ all year long? Start by sharing one more healthy meal together each week.

It’s Family Meals Month FMI Foundation Our simple, healthy, affordable and delicious recipes can help make it happen! Start collecting Healthy For Good recipes in your Recipe Box. Meal planning will be a breeze, and you can keep track of your family’s favorites.

Sign in to start your Recipe Box!
Let’s be real, we all snack. And actually, snacking isn’t “bad” for you if you do it in moderation and make healthy choices. Try these tips to do both!

Yes, we all have long days at work where we start craving something sweet or need something salty to help us snap out of the workday lull, but if you’re smart about how you snack you’ll feel, and maybe even look, better. And who doesn’t want that?

As boring as “healthy snacks” might sound, you’d be surprised at just how tasty they are, all the new things you’ll get to try, and how easy they are to tote around with you on the go. (Seriously, they fit in your laptop bag, purse, workout bag or backpack just as easily as the prepackaged stuff.)

So, let’s toss the excuses aside and run through some of the healthy, nutritious items that you should be adding to the top of your grocery list.

**FIRST: MUNCHIES THAT CRUNCH.**

**So we’re talking about:**
- Apples and pears
- Carrot and celery sticks
- Bell pepper slices
- Zucchini or cucumber circles (Sounds fancy, huh?)
- Roasted chickpeas
- Broccoli and cauliflower florets
- Popcorn (It’s a whole grain! Who knew?)
- Rice cakes and whole-grain crackers
- Nuts and seeds (Hit those good fats!)

**SECOND: RETHINK YOUR DRINK.**

**Ditch your high-sugar go-to and try:**
- Plain or sparkling water (Not glam enough? Add some fruit and herbs to it!)
- Fat-free milk or plain soymilk
- Unsweetened tea or coffee
- 100% fruit juice (Stick to a small glass)
- Low-sodium tomato or mixed vegetable juice

**THIRD: SNACKS THAT SATISFY.**

**Guaranteed to fill you right up:**
- Whole-grain toast with peanut or almond butter
- Cherry tomatoes with hummus
- Low-fat or fat-free cheese
- Plain low-fat or fat-free yogurt (An awesome pairing with fruit!)
- Fruit and veggie smoothie
- Whole-grain crackers with canned tuna or salmon

**AND FINALLY (DRUMROLL PLEASE): SNACKS TO CURB YOUR SWEET TOOTH.**

**Give these a try:**
- Canned fruit (in natural juice or light syrup)
- Thin slice of angel food cake or homemade banana-nut bread
- Baked apple
- Raisins, dates, figs and other unsweetened dried fruits
- Frozen banana
- Frozen grapes
- Fresh fruit salad (Use your imagination and get creative when choosing fruits)

CONTINUED ON NEXT PAGE >
We'd be slacking if we didn't remind you to check out the nutrition label and choose wisely when shopping. Watch for added sugars and salt, and try making healthier versions of packaged snacks at home so you can choose the ingredients.

**What other healthy snacking creations do you love?** Share them with us using #AddColor on our Facebook and Twitter page! We'd love to see what you come up with!
Visit your local farmers market to see what produce this season has in store. #AddColor with a few of our favorites: pumpkins, Brussels sprouts and sweet potatoes. Visit heart.org/AddColor for more ways to be #HealthyForGood!
Keep the snack stash filled with healthy goodies that the kids can enjoy. Strawberries are low in calories and loaded with nutrients making them the perfect after school treat. Visit heart.org/EatSmart to learn more! #HealthyForGood

Keep the snack stash filled with healthy goodies for #HealthyForGood after school treats. Visit heart.org/EatSmart to learn more!
**RECIPE:** Baked Chicken Strips with Microwave Green Beans

Per serving:
- 253 Calories
- 1.0 g Sat. Fat
- 205 mg Sodium

Makes 4 servings

This recipe is a healthy twist on a kid favorite! It is a simple yet tasty meal that will quickly become a family favorite dinner!

**INGREDIENTS**
- 1 lb boneless, skinless, visible fat removed chicken breasts cut into 1” strips (or chicken tenderloins)
- ⅓ cup whole-wheat flour
- ½ tsp black pepper
- ½ cup skim milk
- 2 Tbsp low-fat, low-sodium, grated parmesan cheese
- ⅓ cup quick-cooking oats
- 1 tsp garlic or onion powder
- 1 lb fresh green beans (washed, stems discarded)
- ½ cup water
- 1 tsp minced garlic (from jar)
- ¼ tsp black pepper

**DIRECTIONS**
1. Preheat oven to 375.
2. To prepare beans: In a 2-quart microwave-safe dish, place beans, water, garlic and pepper.
3. Cover and microwave on high until beans are crisp-tender (6-8 minutes).
4. Drain excess liquid.
5. Spray a baking sheet with cooking spray.
6. On a plate or shallow dish, combine flour and pepper.
7. Pour milk into a second shallow dish.
8. In another shallow dish, combine parmesan, oats, garlic/onion powder and paprika/parsley (optional: pulse oat mixture in food processor for 20 second for a finer ‘breading’).
9. One at a time, dip chicken strips into flour and turn to coat. Then dip in milk, and then oat mixture, turning until well coated.
10. Place coated strips on to prepared baking sheet.
11. Once all strips are on the baking sheet give a light spray with cooking spray.
12. Bake for 20 minutes until golden-brown and cooked through. (Optional: If you prefer darker brown ‘crisply’ tenders, turn on the oven’s broiler for the last 2 minutes but keep an eye on the tenders so they don’t burn!)

**TIP:**
- Don’t have a dish with a lid? No problem, just use a plate to cover a casserole dish or glass loaf pan – use what you have!
**RECIPE:** Apple Bread Pudding

Per serving:
- 131 Calories
- 0.3 g Sat. Fat
- 154 mg Sodium

Serving size: 3" x 4" piece
Makes 4 servings

Whole grain bread, apples and cinnamon make a sweet dessert that is healthy too. Serve warm and enjoy with a glass of skim or low-fat milk!

**INGREDIENTS**
- Cooking spray
- 1 whole egg
- 1 egg white
- 1 cup skim milk
- 2 Tbsp brown sugar blend
- 1 tsp vanilla extract
- 1 tsp cinnamon
- ½ tsp cloves or allspice
- 6 slices light, whole-grain or multigrain bread, cubed
- 3 medium apples (cored, cut into ½-inch cubes)
- ½ cup of any one of the following: raisins, dried cranberries, fresh or dried blueberries, chopped walnuts, pecans or almonds (optional)

**DIRECTIONS**
1. Pre-heat oven to 350.
2. Spray 9x9 baking dish with cooking spray.
3. In large bowl, whisk together egg, egg white, milk, sugar blend, vanilla, cinnamon, and cloves.
4. Add bread and apple cubes. Add fruit or nuts if desired. Mix well.
5. Pour mixture into prepared baking dish and bake in preheated oven for 40-45 minutes.

**KEEP IT HEALTHY:**
Optional ingredients are not included in the nutrition analysis.