






Eat Healthy Be Active Community Workshops



Eat Healthy, Be Active Community Workshops was developed to provide detailed tips on how to put the *Dietary Guidelines for Americans, 2010* and *2008 Physical Activity Guidelines for Americans* into practice. These guidelines promote health and reduce risk for obesity and major chronic diseases. The curriculum guides adults to turn these knowledge into action.

Curriculum Highlights:

-  Six workshops, one hour lesson plan each
-  Science-based guidelines using Socioecological Model and Social Cognitive Theory
-  Recipes provided
-  Can be taught in a wide variety of community settings
-  Available in English and Spanish

Overview of Workshops:

- 1) Enjoy Healthy Food That Tastes Great** - Learn how to choose food substitutions, and modifications and cooking techniques.
- 2) Quick, Healthy Meals and Snacks** - Learn how to prepare meals quickly and to make healthy selections when eating out.
- 3) Eating Healthy on a Budget** - Learn how to plan meals/snacks ahead of time.
- 4) Tips for Losing Weight and Keeping It Off** - Learn how to find your BMI, the amount of calories need to eat daily, and to lose weight.
- 5) Making Healthy Eating Part of Your Total Lifestyle** - Learn about what food should be eaten regularly or occasionally.
- 6) Physical Activity Is Key to Living Well** - Learn the benefits of physical activity and how to develop and maintain a successful plan.

This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. For CalFresh information, call 1-877-847-3663.



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Eat Healthy • Be Active Community Workshops

*“This class has helped me eat healthier,
buy healthier foods and stay healthy.”*

— UC CalFresh Participant (2015)

*“Both participants and instructors viewed the workshops as
valuable tools for motivating behavior change.”*

— Hayes, R. & Butner, K. (2012)

Developers:

- Department of Health and Human Services (DHHS)
- Office of Disease Prevention and Health Promotion (ODPHP)

Audience:

Community members that are interested in learning the importance of being physically active and selecting nutritious foods for living a long and healthy through workshops on the science-based *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines for Americans*.

Hayes, R. & Butner, K. (2012). Eat Healthy-Be Active Community Workshops: A Pilot Evaluation. *Journal of Nutrition Education and Behavior*, 44(4), S67-S68.