



Healthy Foods Where We Learn, Work and Live

We know people eat better when it's easy to get healthy, affordable food. But sometimes unhealthy and junk foods are more readily available. Unhealthy diets can lead to health problems like obesity and diabetes. These serious health conditions are on the rise, but we can reverse the trend.

Where kids learn and play

Speak up for healthy meals, snacks and drinks for your kids! Ask your child's school, after-school events and sports programs to serve healthy foods and drinks instead of junk food and sugary drinks. Make sure there are healthy foods like fruits, vegetables and whole grains and plenty of water available.

Ask for healthy vending machine choices in schools.

Ask your school to offer a variety of healthy foods and drinks in school vending machines and take out some of the unhealthy drinks and foods.



Make it easy to get water.

Talk to your school and your child's after-school programs and activities about making water available as well as other low calorie drinks. Make sure kids drink water instead of sugary sports drinks to stay hydrated—even at sporting events. Ask your child's school to offer drinking water.

Where we work

Ask your employer for healthy vending machine choices. Start a conversation with your employer and co-workers about offering healthy choices in vending machines and taking out the unhealthy drinks and foods. Most vending machine operators have healthier alternatives.



Where we live

Buy locally grown produce.

Find farmers' and community markets in your community to buy fresh fruits and vegetables.

Talk to community leaders.

Start a conversation with school, church and city leaders about limiting access to sugary drinks and other unhealthy food around schools, community centers and other places with lots of kids.

Let's work together to make it easier to have access to more healthy food and less junk food in schools, homes and neighborhoods.



If we have more healthy choices, we'll be able to have healthier lives. For more information, contact: Rod Himon, Communities Putting Prevention to Work 501-340-5322, rhimon@northlittlerock.ar.gov



Arkansas Department of Health
Keeping Your Hometown Healthy

