

Build a **Healthy** Meal

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How it all began...

- Need for videos for teaching purposes
- Partnership with Louisiana Healthcare Connections began in 2019
 - Shared target audience
- Provided support to produce videos
- Recipes appeal to our target audience throughout Louisiana
- Based off USDA MyPlate



Build a Healthy Meal Videos

- 3-5 minutes
- Demonstrates how to prepare easy, healthful, nutritious meals
- Uses low-cost ingredients found at local grocery stores, dollar stores, food pantries, commodity food boxes
- Common kitchen equipment
- Features main recipe + sides
- Nutrition, food safety and storage tips
- QR codes available
- Companion recipe cards



Build a Healthy Meal Menu

- Cook Once, Eat Twice (Beef, Chicken)
- Dollar Store Meals
- Farmers' Market Meals
- Pantry Meals
- Diabetes-friendly meals and desserts
- Heart-healthy meals and desserts



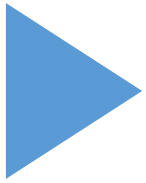
Tools for success!

- How are the videos used?
 - Shared with Louisiana Healthcare Connections
 - LSU AgCenter website: www.LSUAgCenter.com/buildahealthymeal
 - Printable Recipes
 - SNAP-Ed webpage
 - EFNEP webpage
 - Facebook – EFNEP, SNAP-Ed, parish
 - LSU AgCenter YouTube channel (14,000 views)
 - Instagram - @buildahealthymeal (NEW)
 - Pinterest - @buildahealthymeal (NEW)
 - Virtual and in-person nutrition education lessons
 - Geaux Shop Healthy
 - FCS Calendar
 - Used at public AgCenter events

Tools for success!

- Build a Healthy Meal recipe cards
 - Food pantries in rural parishes
 - Juneteeth events
 - Farmers' markets
 - Nutrition education programs
 - Other public events held

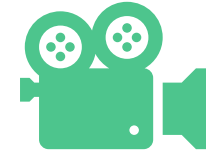
Where we are now...



18 videos completed



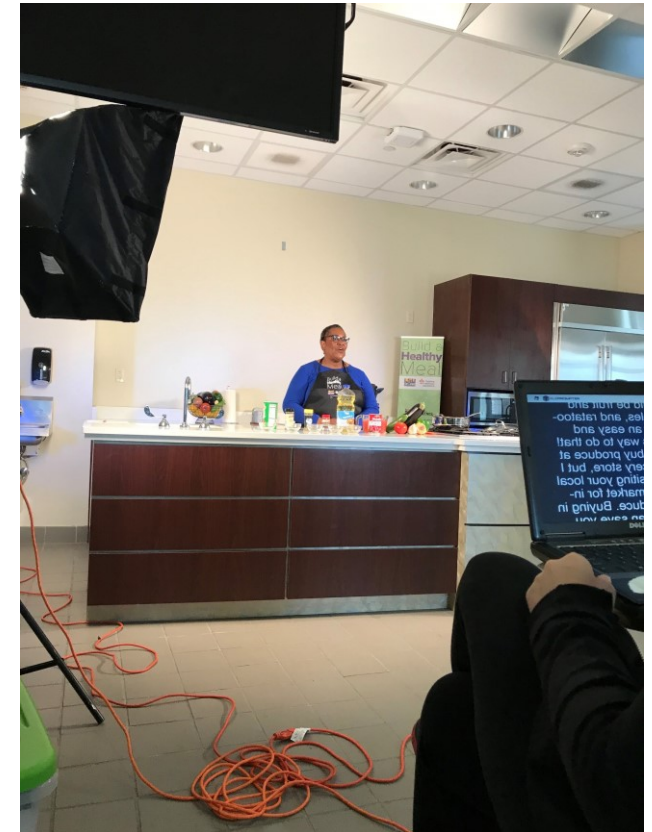
Companion recipe cards



8-10 additional videos

Build a Healthy Meal Team

- Louisiana Healthcare Connections – Amanda Gustavson
- LSU AgCenter FCS Agents
- Videographer/editor – Randy Labauve
- Student Intern
- LSU AgCenter Communications Department – Elma Sue McCallum
- Principal Investigator – Sandra May



Contact Information

Build a Healthy Meal

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Flavors OF HEALTH




A Program of the LSU AgCenter, FCS

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Presented by Sandra May, MS, LDN, RD

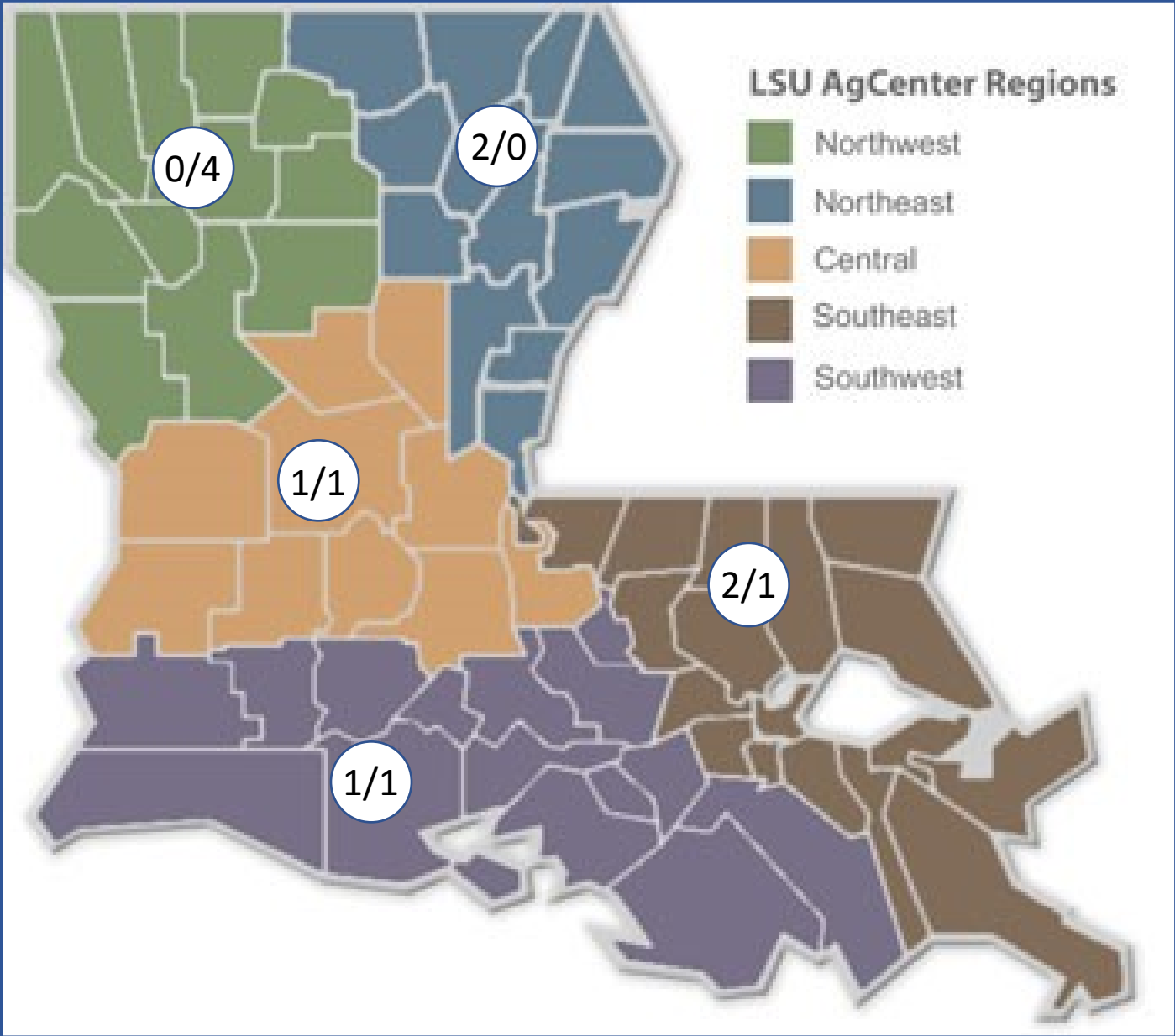


Flavors OF HEALTH

-  A *relatively* new nutrition and health education program
-  Continues to develop, to align with community needs and opportunities.
-  Convey competencies for making healthy food and fitness choices, for developing a healthier lifestyle.

Flavors OF HEALTH

agent effort:
100% / 30-60%



Flavors OF HEALTH

Program Objectives:

- Provide clients with competencies to develop and maintain healthier food behaviors.
 - Help clients develop and maintain adequate physical activity routines.
 - Improve the likelihood that clients and their families will:
 - Make healthful food choices/healthy eating their norm
 - Participate in routine physical activity.
- Flavors of Health uses direct education and/or larger scale messaging and communications approaches to equip and motivate our public with knowledge and skills that promote long-term adoption of healthy food and fitness routines, to help prevent or manage chronic diseases.

Flavors OF HEALTH

Empowering Louisianans to make Healthy Food and Fitness Choices

- ✓ Engage with communities to provide science-based information // evidence-based practices
- ✓ Teach practical skills that motivate and support **healthy eating** and **physically active** lifestyles.
- ✓ Teach strategies for altering routine behaviors, to ease development and long-term adoption of healthier habits.

This includes:

- cooking skills (basic, small appliances, and specialty),
- grocery shopping strategies,
- small goal setting,
- healthy habit development,
- routine exercise/physical activity/recreation,
- weight management,
- diet-disease links,
- responses to trending nutrition questions or issues.



Flavors OF HEALTH



Flavors of Health is a nutrition education and health program with a community focus.

Who We Serve:

Flavors of Health has a presence in each of the five AgCenter regions, with nutrition agents who are available to engage with their communities.

- Our program serves Louisiana's adults, promoting healthful diets and positive lifestyles to prevent or manage chronic disease and to improve quality of life.
- We also conduct programs for our youth, emphasizing cooking skills and preparation of healthful meals and snacks.

What We Do:

Flavors of Health uses the latest science and best-practices to help you and your family manage your nutrition-related health challenges.

- We focus on healthy eating and physical activity.
 - We provide virtual and on-site classes, presentations, workshops and educational materials to encourage healthier food and fitness behaviors.
- This includes cooking skills, grocery shopping strategies, small goal setting, exercise and physical activity guidance, healthy habit development, weight management and diet-disease links.
- We strive to deliver timely responses to your questions on general nutrition issues and trends.

Empowering individuals to improve health by building better food and physical activity habits.

Signature Programs

Education Programs:

- Break up with Salt (hypertension management)
- Dining with Diabetes (diabetes management)
- Small Changes/Healthy Habits (improving health; reducing risk to chronic diseases)
- Smart Portions (weight management)

Presentations and Workshops:

- Cooking with Small Appliances
- Mediterranean Diet
- MyPlate and Dietary Guidelines
- Heart Health
- Weight Management
- Chronic Disease Prevention
- Kid's Cooking
- Being Physically Active
- Fats/Sugar/Sodium
- Shopping on a Budget
- Food Safety
- Whole Grains
- Cooking/Recipe Demonstrations
- Lunch and Learn Presentations
- Farmers Market Activities
- Grocery Store Tours
- ... and more!

Author Credit
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Louisiana Agricultural Experiment Station
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LSU College of Agriculture

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The LSU AgCenter and LSU provide equal opportunities in programs and employment.

What Participants Are Saying:

"Best cooking program I've been to!"

"Great, this workshop has inspired me to cook more!"

"I'm all for it ... it's a great [healthy eating] program. I feel so much better."

"I learned to create healthy lifestyle goals that are specific, 'do-able' and sustainable."

Parish Offices & Nutrition Agents:

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Contact Info:

Website: https://www.lsuagcenter.com/topics/food_health



Content Focus:

chronic disease risk
reduction through healthy
eating and physical activity.



Target Population:

Louisianians; *primary* target =
our adult populations;
secondary target = our youth.

[some] Differences -- FoH and other AgCenter Nutrition Programs:

- FoH programming is available to any adult (or youth) regardless of economic/socioeconomic status.
- FoH is state funded rather than federal grant funded.

For this reason:

- FoH has *a little* more flexibility in achieving program objectives.
- FoH has *somewhat* different expectations and reporting processes.
- FoH agents *generally* charge a registration/participation fee to cover costs.
- FoH can use but is not limited to specific nutrition education materials or curricula.

Flavors OF HEALTH

(Signature Curricula)

- ✓ Break up with Salt

a hypertension management program



Break UP WITH Salt

- ✓ Dining with Diabetes – a diabetes management program



- ✓ Small Changes/Healthy Habits
a chronic disease risk reduction program

(focus on habit formation techniques; skills and strategies to normalize routine physical activity, healthy eating, and to create healthy home food environments)

Small Changes
Healthy Habits

- ✓ Smart Portions – a weight management program.



Clean Eating — a Concept, Not a Diet



What is clean eating?

Clean eating is more of a concept than a diet. It has become a popular practice.

The essence of clean eating is to eat as close as possible to the whole (unrefined grains, seeds, and nuts) and clean eating is most prevalent in the most preser

How do you eat clean?

At its core, clean eating aligns with four basic

Nitrates and Nitrites



Coconut Oil



Coconut Oil in Cooking and Health

Coconut oil has become increasingly popular over the last several years. It is added to coffee, mixed into baked goods, used for sautéing and stir-frying, and is emerging as a base ingredient in dressings. Coconut oil is making its way into kitchens and diets in part because of its purported



Fad or fabulous?

THE KETO DIET



The ketogenic diet — also known as the keto diet — refers to a **very low-carbohydrate, high-fat eating pattern** that changes the way food energy is used in our body.

What does the keto diet look like?

The average American diet consists of approximately 50 percent carbohydrate calories, 15 percent protein calories and 35

So just what is the Mediterranean diet ... and why should I care?



The Mediterranean Diet Pyramid



Mediterranean diet is not just a diet. It's more of a lifestyle of eating based on traditional food habits and

ARE SLEEP AND HEALTH SYNONYMOUS?



INTERMITTENT Fasting DIET: A FEW BASICS



Plant-Based Milk So Many Alternatives!



