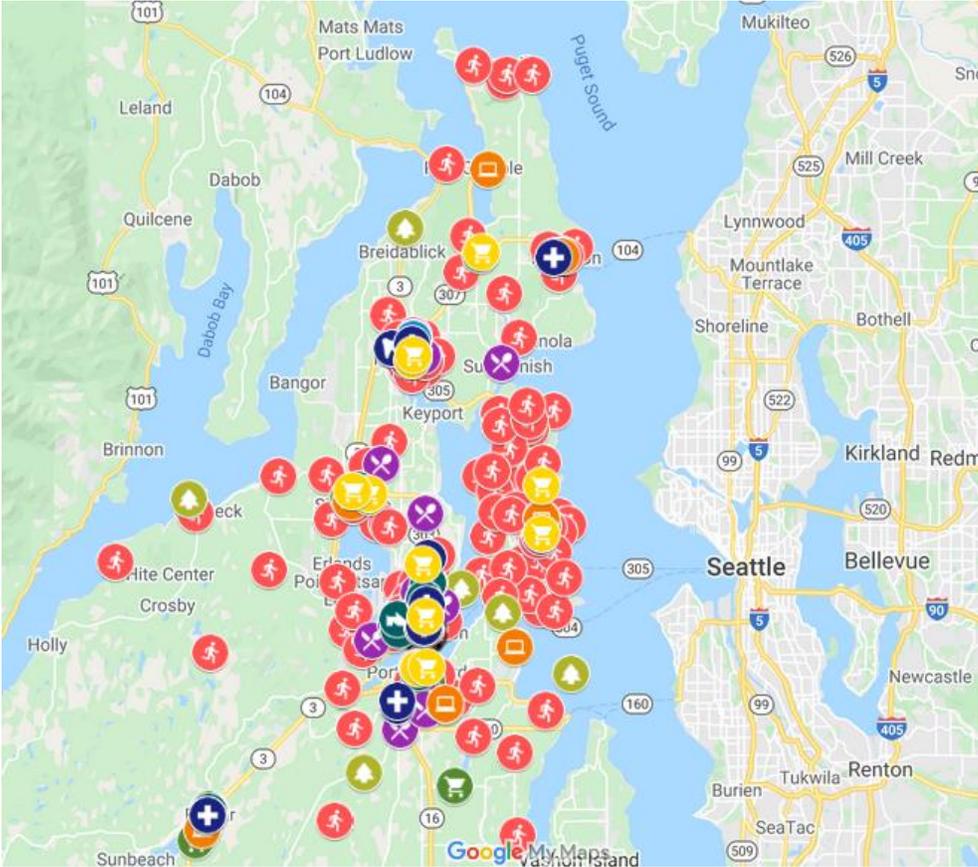


HEAL Resource Map

Promotion Toolkit



A NOTE FROM HEAL

From free and low-cost food resources to active living, self-care, and community resources, The Kitsap Healthy Eating, Active Living (HEAL) Coalition is here to help.

During this pandemic, we know that keeping yourself and your family safe, well, and cared for is an endurance test—a marathon not a sprint. To help Kitsap residents access local services and resources, we are excited to share our newest projects: the [Kitsap Resource Map](#) and the new [COVID-19 Resources](#) page on our kitsapheal.org website. We invite you to share these tools and resources with your friends, family, and professional contacts in Kitsap County.

HEAL was formed from a group of community organizations that recognize the importance of collective impact for community health improvement. As a network of Kitsap Strong, we work to build resilience, and improve the health and well-being of all children, families, and adults in Kitsap. The coalition team has developed two focus areas; Healthy Eating and Active Living. Under these focus areas, goals and strategies are identified for Kitsap County through research, discussion and stakeholder engagement. Check out our website kitsapheal.org to see HEAL Projects ranging from Healthy Corner Stores to Early Childhood resources.

Kitsap HEAL meets quarterly. Work groups meet monthly or by decision of the group members. Contact us at info@KitsapHEAL.org to find out more and get involved!

SAMPLE EMAIL

Dear _____,

Staying active and eating right during a pandemic is hard. The Kitsap HEAL Coalition has put together resources to help you and your family stay healthy during this uncertain time. HEAL is excited to share these free or low-cost Food, Community and Activity resources all in one place. Explore kitsapheal.org to find resources in our region that can help you eat healthy, stay safe, and live active. We invite you to share HEAL's newest tool—the [Kitsap Resource Map](#)—with your friends, family, and professional contacts in Kitsap County.

Share these resources

Check out the Kitsap HEAL Coalition's updated [Kitsap County Resource Map](#) yourself. This map includes bus lines and ferry service to help you navigate to and access resources such as food banks and meal programs, farmers markets, medical/dental resources and more. You can help spread the word by telling people about the map, forwarding this email, printing and distributing our [promotional flyer](#), or sharing the images below on Facebook and Instagram.

Do you have questions or know of a service that can be added to the map? Email us anytime at info@KitsapHEAL.org. And be sure to check out the COVID-19 Resources page on kitsapheal.org/covid-resources for virtual workouts, gardening and digital nutrition resources, as well as resources to help you find healthy local food!

Sincerely,

Your Name Here

On Facebook, use the image below and hyperlink to [kitsapheal.org/kitsap-county-resources](https://www.kitsapheal.org/kitsap-county-resources)

HEALTHY EATING, ACTIVE LIVING



KITSAP COUNTY

RESOURCE MAP

FOOD, COMMUNITY AND ACTIVITY RESOURCES ALL IN ONE PLACE

heal is here to help. Explore the map to find free and low-cost resources in our region.



SCAN TO ACCESS MAP



On Instagram, use the image below and hyperlink to [kitsapheal.org/kitsap-county-resources](https://www.kitsapheal.org/kitsap-county-resources)

HEALTHY EATING, ACTIVE LIVING



KITSAP COUNTY

RESOURCE MAP

FOOD, COMMUNITY AND ACTIVITY RESOURCES ALL IN ONE PLACE



Healthy Eating, Active Living

www.kitsapheal.org

SAMPLE EMAIL SIGNATURE

HEAL is here to help.

[The Kitsap Healthy Eating, Active Living \(HEAL\) Coalition](#) was formed from a group of community organizations that recognized the importance of a collective impact for community health improvement. We envision a community in which healthy food and physical activity opportunities are accessible and affordable for all. Now more than ever, we know that an individual's health is deeply connected to the community.



SAMPLE SOCIAL MEDIA POSTS

Posts for Twitter or Instagram

Free or low-cost Food, Community and Activity resources all in one place: kitsapheal.org/kitsap-county-resources

Explore kitsapheal.org for resources to help you eat healthy, stay safe, and live active: kitsapheal.org/kitsap-county-resources

Share Kitsap HEAL Coalition's newest tool—the Kitsap Resource Map: kitsapheal.org/kitsap-county-resources

Navigate Kitsap food resources on the bus to find food banks, farmers' markets & meal programs: kitsapheal.org/kitsap-county-resources

Find medical/dental resources in Kitsap & the bus lines that take you there: kitsapheal.org/kitsap-county-resources

We envision a community in which healthy food and physical activity opportunities are accessible and affordable for all: kitsapheal.org

Check out kitsapheal.org/covid-resources for virtual workouts, gardening, and digital nutrition resources.

Facebook Posts

Kitsap HEAL Coalition envisions an environment that supports equitable access for all to choose physical activity and foods which contribute to health and well-being in Kitsap County. Check out our newest tool to help you navigate Kitsap county resources kitsapheal.org/kitsap-county-resources

Kitsap HEAL Coalition envisions a community in which healthy food and physical activity opportunities are accessible and affordable for all. Now more than ever, we know that an individual's health is deeply connected to the community. Share these HEAL resources to support our community: Kitsap Resource Map kitsapheal.org/kitsap-county-resources, COVID-19 Resources kitsapheal.org/covid-resources

Staying active and eating right during a pandemic is hard. The Kitsap HEAL Coalition has put together resources to help you and your family stay healthy during this uncertain time. HEAL is excited to share these free or low-cost Food, Community and Activity resources all in one place on our Kitsap Resources Map: kitsapheal.org/kitsap-county-resources



WASHINGTON 211

2-1-1 helps connect you to community resources statewide.

Looking for help? Call 2-1-1

FOR RESOURCES AND MORE INFORMATION:

Online <https://kitsapheal.org/kitsap-county-resources>

<https://search.wa211.org/>

Email info@KitsapHEAL.org

Phone If you are unable to find a service, please dial 2-1-1 for assistance.

If you are outside of Washington State or having a problem using the 2-1-1 number, please call 1-877-211-9274.