

HEALTHIER WY - YEAR 2

www.healthierWY.org



Healthy Dinner Club

IMPROVE NUTRITIONAL VALUE OF MEALS

health matters

EDUCATE ENGAGE EMPOWER

CREATING A CULTURE OF WELLNESS



Reasons to enjoy healthy dinners at home:

- Children can learn new skills, build good values, and establish family traditions.
- Children generally do better in school and have fewer behavior problems.
- Children and adults get the nutrients they need.
- Families save time, money and hassle.
- Everyone treasures mealtime memories.

Plan a weekly menu: Make it simple or make it detailed. The key is to have a plan for shopping and cooking. Involve the whole family.

Cook once, eat twice: Cut preparation time by cooking and freezing large batches of key ingredients, such as ground beef for tacos and spaghetti sauce.

Keep the cupboard stocked: Pack the pantry and freezer with staples like canned beans, tuna, fruit, pasta, rice, baking mixes, and frozen vegetables.

Use the sandwich advantage: Nothing is quicker than a healthy sandwich, pita pocket, or tortilla wrap.

**NO INTERNET ACCESS?**

Return this section by 7/31/2010 to:
IHW Processing Center - Healthier WY
10580 N. McCarran Blvd #115-397
Reno, NV 89503

HWY CODE:

HWY Code is printed above your name in
the mailing address on the back of this card.

HEALTHY DINNER CLUB

AUGUST 2010

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 <input type="checkbox"/> Healthy Dinner with Correct Portions	2 <input type="checkbox"/> Healthy Dinner with Correct Portions	3 <input type="checkbox"/> Healthy Dinner with Correct Portions	4 <input type="checkbox"/> Healthy Dinner with Correct Portions	5 <input type="checkbox"/> Healthy Dinner with Correct Portions	6 <input type="checkbox"/> Healthy Dinner with Correct Portions	7 <input type="checkbox"/> Healthy Dinner with Correct Portions
8 <input type="checkbox"/> Healthy Dinner with Correct Portions	9 <input type="checkbox"/> Healthy Dinner with Correct Portions	10 <input type="checkbox"/> Healthy Dinner with Correct Portions	11 <input type="checkbox"/> Healthy Dinner with Correct Portions	12 <input type="checkbox"/> Healthy Dinner with Correct Portions	13 <input type="checkbox"/> Healthy Dinner with Correct Portions	14 <input type="checkbox"/> Healthy Dinner with Correct Portions
15 <input type="checkbox"/> Healthy Dinner with Correct Portions	16 <input type="checkbox"/> Healthy Dinner with Correct Portions	17 <input type="checkbox"/> Healthy Dinner with Correct Portions	18 <input type="checkbox"/> Healthy Dinner with Correct Portions	19 <input type="checkbox"/> Healthy Dinner with Correct Portions	20 <input type="checkbox"/> Healthy Dinner with Correct Portions	21 <input type="checkbox"/> Healthy Dinner with Correct Portions
22 <input type="checkbox"/> Healthy Dinner with Correct Portions	23 <input type="checkbox"/> Healthy Dinner with Correct Portions	24 <input type="checkbox"/> Healthy Dinner with Correct Portions	25 <input type="checkbox"/> Healthy Dinner with Correct Portions	26 <input type="checkbox"/> Healthy Dinner with Correct Portions	27 <input type="checkbox"/> Healthy Dinner with Correct Portions	28 <input type="checkbox"/> Healthy Dinner with Correct Portions
29 <input type="checkbox"/> Healthy Dinner with Correct Portions	30 <input type="checkbox"/> Healthy Dinner with Correct Portions	31 <input type="checkbox"/> Healthy Dinner with Correct Portions	Improve nutritional value of meals.			
Always follow your primary care provider's recommendations if the program guidelines interfere with any medical treatment or condition. This action will constitute compliance to this program.			www.healthierWY.org/dinner			TOTAL DAYS: ____ 24 DAYS REQUIRED FOR DRAWING AND HWY CREDIT

After registration, please report your progress online anytime during August using your **Healthier WY Code** printed above your name in the address on the back of this card. **The State of Wyoming cares about your health, safety, and well-being!**

NO INTERNET ACCESS?

After the program concludes, return this middle section before 9/15/2010.

HWY CODE: _____

IHW Processing Center - Healthier WY
 10580 N. McCarran Blvd #115-397
 Reno, Nevada 89503

Program Guidelines

- Enjoy a healthy dinner with correct portion sizes each evening during August
- Eat any variety of whole grains, fruits, vegetables, lean meat, **or** low-fat dairy products

All participants will receive ***The Portion Plate*** to help visualize proper portions as they enjoy a healthy dinner. Participants who are compliant with the program guidelines for at least **24 days** during **August** will receive **Healthier WY Credit** and be entered into a drawing for **one of one hundred \$50 gift cards** to improve health and well-being.

Fruits and vegetables come in a rainbow of colors, including red, dark green, yellow, blue, purple, white, and orange. Each color is a sign of different important nutrients. There are significant benefits from eating fruits and vegetables of different colors regularly. Health authorities advise making a special effort to eat more dark green vegetables and dark orange vegetables in order to get the nutrients most of us need more of. Include colorful fruit and vegetables for each dinner. ***Wellness is worth your best effort today!***



PORTION CONTROL - LESS IS MORE

Portion sizes are increasing almost everywhere we turn - at the grocery store, at restaurants, at home and at the movies. Studies show that when faced with larger portions, people inadvertently consume more calories which can lead to weight gain. There are ways that you can control your portions.



- Try fast food options such as smaller burgers, grilled chicken sandwiches or salads with low-calorie dressings, cups or bags of fresh fruit, low-fat milk, 100% fruit juice and bottled water.
- Look for low sodium options.
- At sandwich shops, ask for leaner cuts and smaller amounts of roast beef, turkey, or ham; extra lettuce and tomato; and whole-wheat, oatmeal, or multigrain bread.
- When dining out, order a light appetizer instead of an entrée.
- Try drinking a glass of water before your meal.
- Instead of an alcoholic beverage, try a diet soda, or club soda with fresh lemon or lime.
- Try mixing 100% fresh fruit with club soda for a refreshing alternative to soda or packaged drinks.
- You can make your own lemonade with fresh lemons, sparkling water, and honey instead of sugar.
- Consume alcoholic beverages in moderation, if at all.
- The smaller your plate, the smaller your portion. Eat your meals at home on a smaller plate.
- Before going back for seconds, wait 10 or 15 minutes. You might not want seconds after all.
- Buy or portion out treats and snacks in small bags or packages.
- Portion sizes are key especially for once-in-a-while foods such as treats, sweets and drinks.
- Portion out your snack on a plate, not from the bag, to stay aware of how much you're eating.
- Divide up the contents of one large package into several smaller containers to help avoid over-consumption.



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(307) 777-6716

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GREAT FALLS, MT



Smoothies are a great way to enjoy
fruits and vegetables.

Register today for ***Healthy Dinner Club!***
Manage your busy schedule and enjoy a healthy
dinner each day during August.

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