

## FORWARD CORNER

### November is Eat Smart Month (and Diabetes Awareness Month)

It's been just over a year since the YWCA began including an article from FORWARD DuPage in its monthly newsletter. In the second year, we'll revisit some of the same awareness topics but will add new resources and monthly "take action" tips. This November, FORWARD DuPage joins the American Heart Association (AHA) in celebrating *Eat Smart Month*. The AHA encourages you to toss out fad diets and get back to the basics. In your program, in your messaging to parents and in your own home, consider these AHA *Eat Smart* suggestions.

- **Eat clean** with fruits, vegetables, whole grains, low- and non-fat dairy, skinless poultry, fish, beans and legumes, non-tropical vegetable oils, nuts, and seeds.
- **Reduce or eliminate processed foods** which are often high in sodium, chemicals and preservatives.
- **Select healthier fats** that are plant based like olives and avocados and omega 3 found in fish, seeds and variety of other foods. Limit saturated and trans fats.
- **Reduce or cut out added sugar** daily to no more than 9 teaspoons for men, 6 for women and less than 6 for children.
- **Eat more fruits and veggies. Add color.** Eat from a rainbow of colors.
- **Drink water** to quench your thirst.

In conversations with DuPage providers, we often hear that programs feel that if they are meeting the Child Care Food Program requirements, they're doing a good job in this area. This is a good start but there is more to be done. The Illinois Public Health Institute is working with technical advisors in centers and homes using the NAP SACC (Nutrition and Physical Activity Self-Assessment in Child Care). An early review of the nutrition and healthy eating assessments here in Illinois, shows that **only 50% of the best practices are being met**. To determine how your program is doing in this area and to create an action plan to get to best practices (it goes well beyond just the menu), join the Healthy Child Care Project. Click [here](#) for Information.

Share [this](#) resource with families. The meal planning site from the AHA is filled with a variety of resources on cooking healthy at home, on a budget, with limited time and meal prep recommendations.

### JOIN THE HEALTHY MOVEMENT TODAY BY TAKING ACTION!

**Families:** Plan a weekly meal during November that is "totally clean". Eliminate processed foods and use only fresh fruits and vegetables, whole grains, low or non-fat dairy, skinless poultry, fish, beans and legumes, non-tropical vegetable oils, nuts and seeds.

**Early Childhood Providers:** Engage families this month. Swap/share healthy recipes. Host a healthy potluck or a healthy snack exchange.

For information on healthy eating and active living initiatives in DuPage County, check out [www.forwarddupage.org](http://www.forwarddupage.org). For more early childhood healthy resources for families click [here](#).