

Questions:

1. Are there lots of “junk” foods in your home?
2. Do you have a TV in your room?
3. Do you have at least one meal together as family?
4. Do you help in the preparation of meals or snacks?

THE HEALTHY HOME

A healthy home is one in which all family members are treated well, everyone feels comfortable, unhealthy foods are carefully controlled or entirely absent, and only healthy living routines are in place. Here are some of the most important tips for creating a healthy home environment.

1. Out of Sight, Out of Mind!

Stop bringing home junk food and hold a “food funeral” for your home’s current stock of junk food. These are all those products loaded with fat and sugar and with very little nutritional value, such as chips, cakes, ice cream, sodas, cookies, and donuts. If these foods are not kept around the house, your family won’t be tempted by them.

- Fill your refrigerator and counters with a variety of fresh fruits.
- Wash and cut up veggies so they are ready to serve and easy to grab.
- Replace candy dishes with fruit baskets or fresh flowers.
- If you do keep junk food in the home, keep it out of sight. Store it in the back of the pantry, fridge, or freezer and not at eye level. Storing them in specially designated containers may also help them from seeming like “everyday” foods in the eyes of your children.
- For snacks that come in large containers like nuts, trail mix, crackers, etc. pre-portion them in plastic bags or buy pre-portioned snacks, such as single serving popcorn bags, 100 calorie packs, pudding cups, etc.

2. Honey, I Shrunk the Dinnerware

Trade in large plates, bowls, and glasses for more “portion friendly” ones, such as:

- 8 oz. glasses
- 1 cup bowls
- Salad plates

3. Turn the Kids into Chefs

Have children help prepare meals and snacks, e.g. wash veggies, stir mixes, measure ingredients, chop, etc.



4. Meal and Snack Times

- Make the kitchen the only place to eat.
- Make and enjoy nutritious home cooked meals daily. They can be quick and easy, e.g a sandwich and tomato soup or quesadilla with raw carrots on the side.
- Make the kitchen table as pleasant and as welcoming as possible. Kids, this might be a fun place to help!
- Have at least one meal together per day in a peaceful atmosphere. Talk about your day and discuss other topics unrelated to food.
- Turn off the TV.

5. Family Rules

As a family, agree upon and post:

- Limits on the amount of time allotted for video games, television viewing, and computer games.
- A family physical activity schedule, and create a “sticker board” to keep track of the family’s successes.
- Daily/weekly family chores that will help get everyone up and moving.

6. Don’t Let the Weather Rain on your Exercise

If you can’t get outdoors to play, make sure you have indoor activities ready to go.

- Invest in exercise equipment, i.e. treadmill, stationary bike, jump ropes, mini trampolines, etc.
- Buy or rent dance/aerobic/Pilates/yoga videos.
- Dance to music or go up and down the stairs.

7. Watch What You Say to Each Other

- Do not make mean or harmful comments.
- Treat everyone in the family the same regardless of body size. Everyone can benefit from healthful eating and physical activity.

Extra Credit

TV Free Zones: Remove the television sets from the bedrooms to limit viewing time and to increase sleep time.

Remove the Remote: Where there are TV sets in the house, get rid of the remotes so people have to get up to change the channel.

Strengthen Your Core: Replace desk chairs with stability balls to help improve posture and build core strength.

Plant a Garden: Give each family member the responsibility of tending to an herb or veggie of his or her choosing.



Family Home Makeover Checklist

Place a check next to all of the changes below that you and your family are ready to make. Families should fill this section out together.

- Stop bringing home "junk food."
- Have a "food funeral" for your home's current stock of "junk food."
- Fill your refrigerator and countertops with a variety of fresh fruits.
- Wash and cut up veggies so they are ready to serve and are easy to grab.
- Replace candy dishes with fruit baskets or fresh flowers.
- Keep "sometimes" foods out of sight.
- Make the kitchen the only place to eat.
- Make the kitchen table as pleasant and as welcoming as possible.
- Have at least one meal together per day in a peaceful atmosphere.
- Turn off the TV during meal and snack times.
- Have children help prepare meals and snacks.
- Trade in large plates, bowls and glasses for more "portion friendly" serving dishes.
- Place limits on the amount of time allotted for video/computer games and TV.
- Have a family physical activity schedule.
- List daily/weekly family chores that will help get everyone up and moving.
- Make a list of activities you can do indoors during bad weather.
- Do not say mean or harmful comments to other family members.
- Treat everyone in the family the same regardless of body size.
- Remove the television sets from the bedrooms.

My new goals...

Now that I know this information, what am I ready and willing to change in my day to make me healthier? (Add these goals to your Goal Sheet.)

- Complete** the Family Home Makeover Checklist with my family.
- Add goals from the Checklist to your Goal Sheet and your nutrition coach will follow up with you at your goals next visit.
- Other:

