

Healthy Eating

- **Goal 3:** Increase the consumption of healthy foods and beverages.
 - **Objective 3.2:** Expand education and outreach to foster healthy eating.

Priority Issue: Healthy Eating					
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Objective 3.2		Expand education and outreach to foster healthy eating.			
Key Actions		Timeline	Responsible Partners	Dedicated Resources	Accomplishments
3.2.A	Develop and disseminate culturally appropriate messages and materials to promote consumption of fruits and vegetables and reduce consumption of sugar-sweetened beverages.	07/2020 - 12/2023	FCHD, FFC, Food Access & Literacy Work Group, FCPA – Healthy Strides Program, VCE, Inova, Giant Food, American Heart Association (AHA)	VFHY Grant \$30,000/ year July 1, 2020 – June 30, 2023	<ul style="list-style-type: none"> • A Healthy Food Messaging Task Force (HFMTF) focused on youth was developed to promote consumption of fruits and vegetables. • After Task Force review and learnings around youth, healthy eating and recent FCPS Youth Survey results on consumption of fruits and vegetables, 7th grade students are the target audience for this project. • Focus groups were held with two FCPS 7th grade after-school programs to seek feedback on eating behaviors for developing message themes. • HFMTF developed a Real Food for Real Change “toolkit” to be piloted with two FCPS after school programs for middle school-aged youth in early 2022. • Inova implemented virtual Healthy Plate Club nutrition classes for youth and VCE’s Family Nutrition Program and taught virtual classes to limited-resource families on healthy food choices with limited resources. • After piloting the Real Food for Real Change Toolkit in early 2022, final content to strengthen the link between a healthy planet and healthy eating was added and the toolkit was finalized for distribution and use by the community. • In 2022, the Lorton Community Action Center (LCAC), in partnership with the Potomac Health Foundation and Good Shepherd Housing, provided in-person nutrition classes for adults and children in the new Lorton Community Center. • In 2022, VCE’s Family Nutrition Program taught in-person classes to limited-resource families on healthy food choices with limited resources. • In 2022, Inova implemented in-person (66 Fairfax County students) and virtual (272 students) Healthy Plate Club nutrition classes for youth.

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3.2.B 	Leverage community gardening activities to reach the broader community and provide education on healthy behaviors.*	01/2021 - 12/2022	FFC, UAWG, Arcadia, VCE, FCPS, SWCD, Hands on Harvests, UAWG, FFC, VCD, Hands on Harvests, Arcadia, FFO	None identified	<ul style="list-style-type: none"> • UAWG, along with partners Arcadia, VCE, FCPS and SWCD, planned, designed, and coordinated volunteers to build eleven raised garden beds at Gum Springs Community Center, working with center staff & residents on plant selection and plantings. • UAWG, along with partners VCE and residents of Kingsley Commons apartments revitalized their community garden, through garden clean-up, fresh soil, and new plantings, enabling families to take on their own garden plots. • SWCD in partnership with UAWG, secured a grant through the National Association of Conservation Districts that enabled training, technical assistance, and support to eight new and existing community gardens in food insecure parts of Fairfax County. • The NVSWCD completed the grant project to expand or start community gardens in food insecure areas. Partners included Arcadia, Fairfax Master Gardeners, the Fairfax Food Council, Hands On Harvests and Virginia Cooperative Extension. Three gardens at community centers were expanded and two gardens were created. All were provided tools, equipment and on-site training. Also produced a 108-page guide to community gardens to be translated into Spanish and available online. • Hands on Harvests (HOH) led the creation of one of the NVSWCD gardens and manages that garden. HOH manages a second community garden and provides biweekly, bilingual on-site support in both gardens during the growing season. HOH also ran a youth gardening program at one of the sites that focused on growing, harvesting, preserving, making art for the garden, and coding to make moisture meters.