

Healthy Eating

- **Goal 2:** Increase the number of environments that promote healthy food choices and educational resources.
 - **Objective: 2.2:** Increase the number of faith communities that adopt healthy eating guidelines.



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Goal 2		Increase the number of environments that promote healthy food choices and educational resources.				
Objective 2.2		Increase the number of faith communities that adopt healthy eating guidelines.				
Key Actions	Timeline		Responsible Parties	Resources	Measures	Status
	Start	End				
2.2.A Develop guidelines and identify best practices for healthy eating at faith community events and programs.	10/13	9/14	Leads: Neighborhood and Community Services (NCS) Community Transformation Grant (CTG) staff, Fairfax County Health Department (FCHD) staff HE Priority Issue Team (PIT)	Centers for Disease Control and Prevention (CDC) CTG \$500,000 10/13-9/14 Virginia Department of Health (VDH) Healthy Eating and Active Living (HEAL) Grant \$67,410 1/14-9/14	Identification of best practices for healthy eating at faith community events: Completed	COMPLETED YEAR ONE • Identified resources for faith communities that provide guidance on healthy eating and active living programs, practices, and policies that have been established by faith communities in the U.S.; and recipes for healthy food for large groups.
2.2.B Develop culturally and linguistically appropriate educational materials.	10/13	9/14	Leads: NCS CTG staff, FCHD staff HE PIT	CDC CTG \$500,000 10/13-9/14 VDH HEAL Grant \$67,410 1/14-9/14	Identification of culturally and linguistically appropriate educational materials: Completed	COMPLETED YEAR ONE • Identified culturally and linguistically appropriate resources for faith communities, such as culturally diverse recipes and Body & Soul – a wellness program designed for African-American churches.

Objective 2.2 Continued	Increase the number of faith communities that adopt healthy eating guidelines.					
Key Actions	Timeline		Responsible Parties	Resources	Measures	Status
	Start	End				
2.2.C Provide and promote the use of healthy eating resources to faith communities.	10/13	9/14	Leads: NCS CTG staff, FCHD staff HE PIT	CDC CTG \$500,000 10/13-9/14 VDH HEAL Grant \$67,410 1/14-9/14	Creation of an online resource for faith communities: Completed	COMPLETED YEAR ONE <ul style="list-style-type: none"> Created a “Healthy Eating & Faith Communities” web page providing guidance on healthy eating and active living programs, practices, and policies that have been established by faith communities in the U.S.; and recipes for healthy food for large groups. Presented best practices for community gardening among faith communities, including remarks by representatives of houses of worship with established gardens; instruction on how to start a garden; and information about how Master Gardeners can assist houses of worship with their gardening efforts.