

STRATEGY 10: Collaborate with Food and Nutrition Programs to Offer Healthy Food and Beverage Options

how to implement

Working to increase healthy eating? Don't go it alone! Bring other programs or meal patterns into the mix. Here are some ideas to consider.

Bolded items mean there is a supporting document in this section!

Follow a healthy meal and snack pattern.

Recommended patterns include:

- **Child and Adult Care Food Program (CACFP)**
- **MyPlate**
- **Harvard School of Public Health Healthy Eating Plate**

