



healthy **habits**
EATING WELL ON A BUDGET

RHODE ISLAND COMMUNITY
FOOD BANK
40 YEARS | ENSURING NO ONE
GOES HUNGRY

Healthy Habits

Community Nutrition at the
Rhode Island Community Food Bank



Mission

Healthy Habits works to bridge the gap between food insecurity and health for the guests of our member agencies by providing a combination of relevant, science-based community nutrition and culinary education.



Philosophies

Accessibility

**All
Food
Fits**


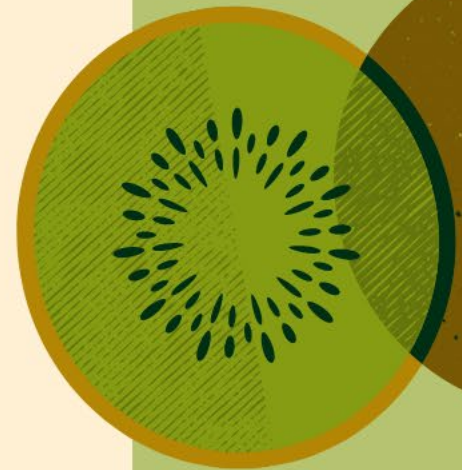
**Health at
Every Size**

**Whole
Foods First**



Accessibility

Everyone deserves access to nutritious foods and nutrition education because **good nutrition is essential for good health**. We provide relevant, tailored nutrition education, so that anyone can have the healthiest diet possible within their current circumstances.





All Foods Fit

Food has no moral value. There is no “good” food and there is no “bad” food. Assigning these values and holding food to this level of judgement can create disordered eating behaviors and practices.

There is no need to completely exclude certain foods from a healthy diet; there is a time and place for every food on your plate! A healthy, **balanced** diet includes a **variety** of all foods in **moderation**.

Health at Every Size

There is an **inherent diversity** to body shapes and sizes and therefore, there is no one healthy weight. Health exists on a continuum that varies with time and circumstance for everyone. Weight bias can hinder individuals of different sizes from pursuing health-promoting behaviors. All bodies, regardless of their size, can be healthy; therefore, we do not focus on weight or weight loss to promote healthy habits in our program. Instead, we measure health based on **other indicators of well-being**, such as diet quality and physical activity levels.

Health at Every Size

Body Mass Index (BMI)

- Serves a purpose in a clinical setting
- Can be associated with chronic disease risk, but not the only or even the best measure of weight and health- does not take into account the whole person
- Created by a mathematician, not a medical or nutrition professional
- Created in the early 19th century using a small, nondiverse population
- Ignores the differences in bone, muscle, fat, and water mass; sex, ethnicity, and race



Whole Foods First

The nutrients provided from whole, unprocessed, or minimally processed, foods are **more easily absorbed and utilized by our bodies**. Whole foods are foods that can be eaten as they are found naturally, while minimally processed foods have been slightly altered for preservation (ex: canned, frozen, and dried fruits and vegetables). Whenever possible, we recommend **choosing whole and minimally processed foods** over heavily processed foods or dietary supplements.



Whole Foods First

When we have the option:

1. Fresh local produce
 2. Frozen
 3. Canned
 4. Dried
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Food for Thought:

"How to Eat" Thich Nhat Hanh

While we eat, we can try to pay attention to just two things: the **food that we're eating** and **our friends who are sitting around us**. This is called mindfulness of food and mindfulness of community. **Eating mindfully**, we become aware of all the **work** and **energy** that has gone into bringing the food to us. If we are **eating with others**, we can notice how wonderful it is that during this sometimes hectic life we can **find the time to sit together** in a relaxed way like this to enjoy a meal. When you can breathe, sit, and eat together with your family or friends in mindfulness, this is called **true community-building**.