

Teen Input into the Healthy Places by Design Process

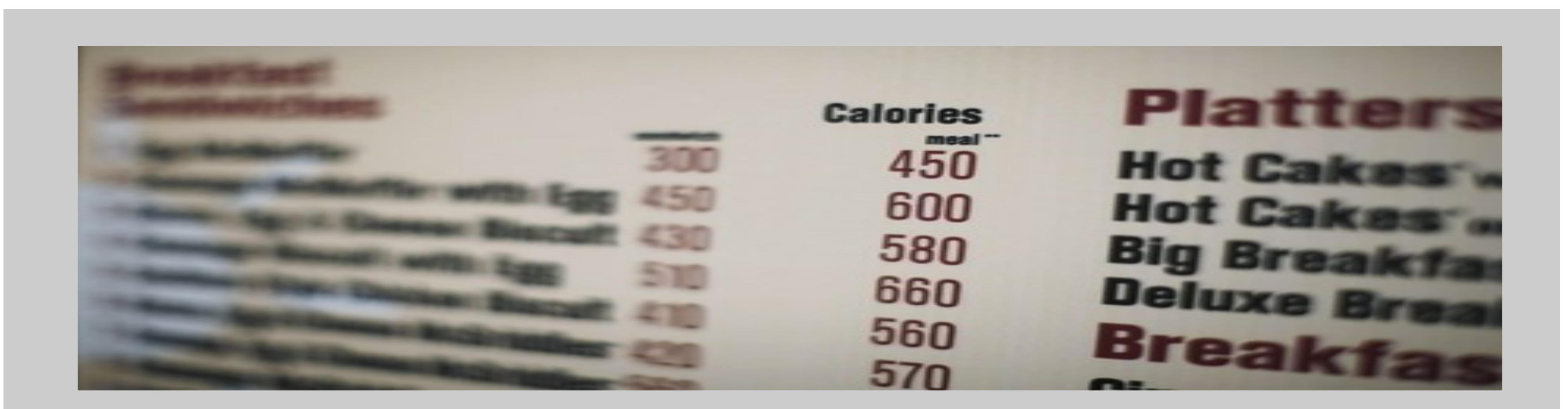
Youth Involvement—Healthy Foods

It was clear that the students recognize value of healthy foods, and they also understand some of the obstacles to both eating and accessing healthier foods in NK. Some of their comments included:

- . Schools have changed lunch menus to become healthier for the students.
- . (Healthy Food) creates healthier people and therefore a better living environment.
- . Farmer's Markets provide a good local source of fresh food.
- . Too many fast food restaurants and junk food available.
- . Healthy food is more expensive.

Possible Solutions Discussed:

- . We need Healthy choices – everywhere (menu labeling discussions to better order healthier food at restaurants/school)
- . More affordable Healthy Foods in town
- . Less options of unhealthy food available
- . Smoothie Bar – anywhere in town
- . Fruit Bar at school – fruit salad



Possible Next Steps...

- . Lobby and Support for menu labeling for nutritional content - town wide restaurants
- . Menu labeling at school
- . Educational programs
 - Eating Healthy education
 - Cooking
 - Shopping strategies
- . Community Gardens in Public Spaces