

## Dinner

As you begin to work on increasing healthful eating as an outcome in your congregation, of course you look toward a goal of changes in environment and policy. Changes in the food environment at your church will model the healthful eating behaviors that you endorse, introduce congregants and community members to new foods or new ways to cook that make their diets more healthful, and support the behavior changes that many of your members are working on. Just as importantly, healthful food environments send a clear message to members and visitors that your congregation believes that the body is a temple of God and that a part of care for that body is healthful eating.

In reality, not everyone is aware of easy changes that can be made in their diets. Others do not have the skill levels to prepare healthful meals. This is why, in addition to the environmental and policy changes that support healthful eating, your congregation will probably also need to work on developing the knowledge and skills of members and community members. Keep in mind that this level of program is in addition to the environmental and policy changes, not a substitute for them!

This set of five classes (classes 11-15) is all about dinner. There is a slide set for each class (*Chicken & Poultry, Beef, Pork, Fish, and Portion Sizes*). There is also a Trainer's Guide for each class. All Trainer's Guides in this series, except Portion Control, include information about nutrition, food safety, and healthful preparation ideas with recipes. The Portion Control Trainer's Guide includes a link to an online portion quiz that is fun to do with groups. Use the Trainer's Guide to walk your group through slide presentations. There are also additional handouts about estimating portions in the resource kit. The trainer's Guide includes information designed for you to discuss with a group in your congregations, including many helpful tips. These resources are designed so that you can teach the entire series and have participatory cooking and tasting or you can simply choose the specific topics you want to discuss.

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Most importantly, have fun! Diet should not be a dirty word. Nutrition should be about tasting and enjoying the preparation and eating of healthful foods with family and friends. JJ