

## Lunch

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 is all about lunch. We have produced two sets of slides that give an overview of the classes. Lunch Slides Part 1 covers classes 6-8 (*Why Lunch & Healthy Soups, What's Wrong With My Lunch & Sandwiches, and Healthy Lunches and Salads*). Lunch Slides Part 2 covers *Components of a Healthy Lunch and Eating Out at Lunch*.

There is a Trainer's Guide for each class. The trainer's Guide includes information designed for you to discuss with a group in your congregations, including many helpful tips for improving lunch choices. Use the Trainer's Guide to walk your group through slide presentations. There are several recipes offered in class sessions 6-8 (Lunch Slide Set Part 1). There is not a cooking component in Lunch Slide St Part 2. 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