

Baltimore Healthy Stores

How can you learn more about the project?

Call Mohan Kumar, project coordinator at 443-762-1584 to schedule a presentation to your community group or to learn about different events.



Who else are we working with?

Many organizations have worked with us on this project, they include:

- Center for a Livable Future
- Stop, Shop and Save food markets
- Kids on the Hill
- Baltimore Public Markets Corporation
- Baltimore's Safe and Sound Campaign
- Department of Housing and Urban Development (HUD), Healthy Hearts in Housing Program
- The Julie Community Center
- Community Action Centers, 2nd, 4th & 5th Districts
- Maryland Food Bank
- St. Francis Academy

For more information contact
Dr. Joel Gittelsohn
jgittels@jhsphe.edu



www.healthystores.org

The Baltimore Healthy Stores project is based at Johns Hopkins Bloomberg School of Public Health.

We will:

- Work with some food stores in West Baltimore to help them offer you healthy foods.
- Work with community partners to
 - Offer healthy food samples for you to try
 - Show you healthy ways to cook food
 - provide knowledge on healthy foods, nutrition and illness

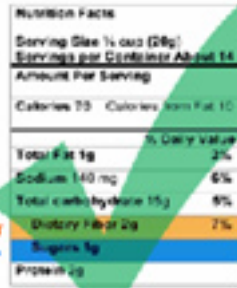
Why?

- Did you know that 3 in 5 adults in W. Baltimore are overweight and 3 in 10 adults are obese?
- Heart disease claims more lives than any other cause of death
- Type of food eaten plays an important role in development of heart disease and diabetes

What are healthy foods?

- Vegetables
- Fruit
- Whole
- Fish
- Lean meats (very little fat)

2 grams of Fiber
1 gram of Sugar



Nutrition Facts	
Serving Size 1/2 cup (28g)	
Serving per Container About 14	
Amount Per Serving	
Calories 70	Calories from Fat 10
Total Fat 1g	
Sodium 140mg	
Total carbohydrate 15g	
Dietary Fiber 2g	
Sugars 1g	
Protein 2g	
	% Daily Value*
	2%
	6%
	6%
	7%

What are some healthy cooking tips?

- Trim fat from meats before cooking
- Remove the skin from chicken before you cook it
- Steam vegetables
- Broil or bake meats
- Use cooking spray instead of oil or grease

What are some healthy drinks?

- Water is always good, try to drink water as much as you can!
- 100% Fruit Juice
- Diet soda

Why is eating healthy foods important?

Eating healthy foods can help reduce your chances of:

- High blood pressure
- Diabetes (sugar)
- Obesity (being over weight)
- Heart Disease
- Cavities (bad teeth)

There are 9 healthy foods in the list below, can you find them? Place an "X" in front of the healthy food

- Candy Carrots Beets Doughnuts Collard greens
- Baked fish Fried Fish Baked chicken Fried chicken
- French fries Baked Potatoes Water 100%Fruit Juice
- Sodas White bread Whole wheat bread diet soda
- ice cream

Place an "X" in front of the healthy ways to cook food.

- Baking
- Frying
- Broiling
- Using cooking spray instead of oil or grease

Visit our website, www.healthystores.org, to get the answers and other helpful tips!

- We are looking forward to meeting you in the stores.
- Stay tuned for more...
- Look for our symbol in your stores
- Listen for announcements about our program on the radio

Remember to Shop Healthy.