



How to Run an Effective **HEALTH PROGRAM**

The Health Program consists of two components:

- Nutrition Lineup Magnet
- Health Poster
- Grand Slam Groceries Coupon Book

NUTRITION LINEUP MAGNET & HEALTH POSTER

Healthy habits can be taught and learned at any age. Utilize the Nutrition Lineup Magnet and Health Poster to talk about healthy eating, exercising and maintaining a quality lifestyle both during and beyond the Junior Giants season.

Below are the steps to take to implement the Nutrition Lineup Magnet & Health Poster:

- The Nutrition Lineup Magnet & Health Poster are located in the pocket of the Player/Parent Handbook.
- Introduce the health pages in the handbook, the Nutrition Lineup Magnet and the Health Poster at the First Pitch Meeting. Review the tips and suggested healthy snacks list.
- Encourage all players to place the Nutrition Lineup Magnet on their refrigerator and track their fruit and vegetable intake, as well as their physical activities, over the course of the season.
- Encourage all players to display their Health Poster at home.
- Invite a representative from a Network for a Healthy California to do a presentation at the First Pitch Meeting. Contact Giants Community Fund staff for regional representatives.
- Encourage parents to bring healthy food/drinks when bringing snacks to practices and games. Instill a “zero tolerance” policy for soda or junk food.
- Challenge your league and coaches to have a “Soda Free Summer” and focus on drinking water.
- Ask coaches to set an example for your league when they are out at the field – drinking water, running the bases with the kids and participating in stretches. Adult examples are one of the best ways to make the message come alive.
- In the appropriate setting and age group suggest that players walk, run or ride their bikes to practice and games.

GRAND SLAM GROCERIES COUPON BOOK

In order to support healthy eating through the summer, Junior Giants can use their Grand Slam Groceries Coupon Book to get free or discounted items from Safeway.

Below are the steps to take to implement the Grand Slam Groceries Coupon Book:

- The Grand Slam Groceries Coupon Book is located in the front pocket of the Player/Parent Handbook.
- Introduce the Grand Slam Groceries Coupon Book at the Coaches’ Meeting. Have coaches encourage players to use the coupon book to promote healthy snacking throughout the Junior Giants season.
- Introduce the Grand Slam Groceries Coupon Book at the First Pitch Meeting to parents and players. Explain the importance of healthy snacking and how the Grand Slam Groceries Coupon Book can help.