



Faith-based Facebook Posts for Faithful Families

This document contains 52 different posts regarding health and faith. The intention is that these 52 posts will provide you with one post per week for a year if posting Monday - Friday.

Helpful Links: <https://diversity.missouri.edu/get-involved/religion/holidays.php>

Posts:

General Nutrition:

- 1) Choose produce in a variety of colors to make sure you get all the nutrients you need. Varying colors of fruits and vegetables is a great way to take advantage of all that nature has to offer. Check here for tips on ways to add color to what you eat: <https://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/dunk-em-dip-em-enjoy-those-veggies/>
- 2) Want to eat more whole grains? Look for bread that says "100% whole wheat," and choose other whole-grain products like oatmeal and brown rice. Check these tips for choosing whole grain foods: <http://www.eatsmartmovemorenc.com/SmartFuel/Texts/SmartFuelNews%203.pdf>
- 3) Eating fruits and vegetables is one of the best ways to improve the overall quality of your diet. Fresh is great but may not always be available or affordable. Frozen or canned foods are often cheaper than fresh, and offer similar nutrients. Check here for the best ways to prepare canned produce: <https://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/canned-fruits-and-vegetables/>
- 4) Legumes are some of the most nutritious foods the Earth has to offer. Check out this resource to find out some of the best ways to use legumes, under the section "choose dried vegetables." <http://www.eatsmartmovemorenc.com/ESMMHandouts/Texts/PickVegetablesWithTheMostNutrition.pdf>
- 5) Where do you find support to help you eat smart and move more? Your family? Your faith community? If you ever feel like you could benefit from even more support when it comes to healthy eating and exercise, check out the MyPlate SuperTracker. It is a free online tool that can support your progress. Create a SuperTracker account here: <https://www.supertracker.usda.gov/>

Budgeting / SNAP:

- 6) Many faith traditions encourage care of self and community. Cooking healthy meals is a great way to take care of yourself or show care for others. Check out this great resource on incorporating more fruits and veggies, in a budget-friendly way.



<https://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/stretch-your-fruit-and-veggie-dollars-with-easy-strategies/>

- 7) Did you know that you can buy seeds to plant produce with SNAP/EBT benefits? Stretch your food dollars, watch the growing process up close, and eat delicious new foods all at the same time! Learn more about all you can buy with SNAP/EBT here: <http://www.morefood.org/en/2015/05/27/could-you-be-putting-more-in-your-basket/>
- 8) Are you among the many U.S. households that could use some extra money to buy food? The good news is that you might qualify for assistance in buying food, and it is now easier to qualify. The *Supplemental Nutrition Assistance Program* (SNAP, formerly called Food Stamps) is a national food assistance program that helps millions of households access food they need to be healthy. If you think you could be eligible, get started with this tool: <http://www.snap-step1.usda.gov/fns/>
- 9) Reducing food waste and preventing hunger are important to many faith traditions. Learn about how you can reduce food waste and support those who are food insecure in your community here: <https://localfood.ces.ncsu.edu/local-food-resource-waste-recovery/>

Recipes:

- 10) Does your family love pizza? Take a moment to slow down and catch up as a family over homemade pizza. Our partners at NC #EFNEP share their recipe: <http://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/quick-and-healthy-homemade-pizza/>
- 11) Need a quick side dish idea? Think sweet potatoes! Besides being easy on the wallet, they are often local to North Carolina and can be used in a wide variety of dishes. Check out this recipe for sweet potato fries from NC EFNEP. It includes a video demonstration! <https://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/sweet-potato-fries/>
- 12) Go beyond the tried and true beans and try a bean you have never cooked before. Black beans or pintos may be the most common but there are so many others. Try lentils, black-eyed peas, garbanzo beans or navy beans. Check out this resource on how to soak and cook dried beans. Dried beans are often cheaper than canned! <https://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/how-to-soak-dry-beans/>
- 13) Looking for a light, healthy, but totally delicious treat after dinner? Check out this video from NC EFNEP on healthy summer desserts, utilizing delicious fruits such as peaches. <https://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/video-resource-healthy-summer-desserts/>
- 14) Do you enjoy baking treats that make your whole house smell wonderful? Or are you looking for something to take to your faith community's next potluck? Try



baking this banana bread for a delicious dessert alternative.

<http://www.myeatssmartmovemore.com/Recipes/Banana%20Bread.pdf>

- 15) Eating a diet full of fruits and vegetables is a great way to take care of ourselves and our families. Getting little ones to eat dark green veggies like broccoli can sometimes be a challenge. Try this delicious broccoli salad recipe? It's sweet flavor and crunchy texture may please even the picky eaters in your family. It would also make a great side dish for a potluck lunch or gathering at your faith community!
<https://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/broccoli-salad/>
- 16) Going meatless once or twice a week has many benefits. Meatless eating may even be a part of your faith. . It is cost-effective, good for the Earth, and a great way to eat more fruits and vegetables. Consider making this frittata for dinner sometime: it is simple, filling, and has lots of delicious vegetables.
<https://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/break-the-fast-with-a-frittata/>
- 17) Want to go meatless for a day or just a meal? Give this roasted vegetable stew a try - you will not miss the meat.
<http://www.myeatssmartmovemore.com/Recipes/Roasted%20Vegetable%20Soup.pdf>
- 18) Does your family enjoy eating a variety of different foods from around the world? Trying new foods helps to introduce little ones to different cultures and expands their palates. Hannah provides an overview of some vegetarian dishes from around the world on our blog:
<https://www.ncfamilieseatingbetter.org/faithfulfamilies/blog/vegetarian-dishes-from-around-the-world/>
- 19) Eating seasonal vegetables is a great way to appreciate the incredible bounty the Earth provides! For a fun and easy way to use winter vegetables, check out this recipe for baked acorn squash.
<http://www.myeatssmartmovemore.com/Recipes/Baked%20Acorn%20Squash.pdf>
- 20) We know they're good for our bodies, minds, and spirits, but do you find yourself struggling to eat enough vegetables? Try this veggie-packed salad as a side for dinner tonight. It uses lots of budget-friendly canned vegetables.
<http://www.myeatssmartmovemore.com/Recipes/HeartyVegetableSalad.pdf>
- 21) Did you know that oats are a whole grain? They are full of fiber too. There are lots of delicious things that can be made with oats. Check out this blog post from NC EFNEP on the goodness of oats.
<https://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/oats-all-around/>

Physical Activity:

- 22) Beyond the physical health benefits, movement and exercise can help us grow spiritually. How do you use movement to express gratitude for the things you are thankful for? Share your story with us in the comments below.
- 23) Finding time to exercise is difficult for many parents. Why not try combining family time and physical activity? It could be a great way for your family to grow even



closer together!

<https://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/be-active-as-a-family-be-active-today/>

- 24) Walking is a great, inexpensive way to add movement to your day. Check out this resource on the benefits of walking as little as minutes per day:
<https://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/10-minutes-of-walking/> You could schedule one or two days a week to walk and catch up with a friend from your faith community!
- 25) Yoga is a unique form of exercise that can help you grow physically, mentally, and spiritually! There are many fitness benefits to practicing yoga. Learn about some of those benefits here: <https://esmmweighless.com/yoga-holidays/>
- 26) Physical activity doesn't have to mean expensive equipment. They are budget-friendly and can make exercise less stressful and more spiritual. Walking, running, yoga, and many strength exercises fall into this category. Check out this information sheet on getting a strength training routine started:
<http://www.eatsmartmovemorenc.com/ESMMHandouts/Texts/GetIntoAStrengthTrainingGroove.pdf>
- 27) Are you thinking about increasing or beginning a physical activity plan? Check out this resource from the American Medical Association that includes *specific* steps to help you achieve this goal:
<http://www.nwsphysicians.com/web/wp-content/uploads/2014/01/AMA-physical-activity-action-plan.pdf>
- 28) Have you considered walking your children to school, if you are able? According to the Department of Health and Human Services, it can increase physical activity and emotional well-being in kids. It is also a great way to connect with you family and get moving together.
<http://odphp.tumblr.com/post/130678551651/celebrating-10-years-of-safe-routes-to-school-and>
- 29) In September of 2015, the US Surgeon General introduced a campaign called Step It Up!, a call to action to promote walking and walkable communities. The campaign reminds us that walking is a right and a benefit to all people. The campaign goals of inclusivity and justice resonate with many faith traditions. Find out more the campaign here:
[http://www.surgeongeneral.gov/library/calls/walking-and-walkable-communities/index.html#Step It Up! Everyone Can Help Make Our Communities More Walkable](http://www.surgeongeneral.gov/library/calls/walking-and-walkable-communities/index.html#Step%20It%20Up!%20Everyone%20Can%20Help%20Make%20Our%20Communities%20More%20Walkable)
- 30) Physical activity and movement are an important part of many of our faith traditions, and that doesn't stop as we age. Check out this blog post about how grandparents can be excellent role models for physical activity:
<https://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/grandparents-as-role-models-for-physical-activity/>

Hydration:

- 31) Physical activity helps us to do many things – we feel better, we play with our families, and we can use it to express ourselves spiritually. Remember to stay



hydrated during your activity time! Here are some quick tips to help you re-think your drink: <http://www.myeatsmartmovemore.com/RethinkDrink.html>

- 32) According to the Mayo Clinic, city tap water is just as safe as bottled water in almost all cases? Choose tap over bottled water to save money, help protect the Earth's natural resources, and stay hydrated!
<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/tap-vs-bottled-water/faq-20058017>

Gardening / Community Gardens:

- 33) Gardening is a wonderful way to show appreciation for the Earth and care for our environment. Check out this #EFNEP how-to video on container gardening: a quick and budget-friendly method ideal for busy families:
<https://www.youtube.com/watch?v=fdjtrp1v4tc>
- 34) Faith community gardens can help to: stimulate social interaction, encourage self-resilience, beautify neighborhoods, conserve resources, and create opportunity for recreation, exercise, therapy, and education! Interested in starting a faith community garden? Start here:
<http://www.eatsmartmovemorenc.com/Gardens/Gardens.html>
- 35) Many faith communities have found community gardens to be a great way to grow closer in fellowship and appreciate the Earth! Check here for tips to start a community garden, and share your story with us in the comments below!
<http://www.eatsmartmovemorenc.com/Gardens/Texts/ESMMGardens-LoRez.pdf>

Community / Local Food / Social Justice:

- 36) Many of our faith traditions emphasize equality, justice, or caring for others. Increasing access to healthy foods is one way to care for others. Check out this video about using SNAP/EBT at farmers' markets to learn about food access at local markets. <https://www.youtube.com/watch?v=R1UfBlroAhM>
- 37) Want to learn how your eat smart and move more goals can help to protect the environment too? This guide offers 21 simple tips to help you eat healthier, be more physically active and be environmentally friendly at the same time. <http://www.eatsmartmovemorenc.com/ESMMGoGreen/ESMMGoGreen.html>
- 38) Shopping at farmer's markets is an excellent way to strengthen our communities by supporting the farmers who grow our food. Check here for food safety questions to ask at farmer's markets:
<https://foodsafety.ces.ncsu.edu/wp-content/uploads/2015/07/Farmers-market-questions-FSinfosheet-1.pdf?fwd=no>
- 39) Exciting news! NC State Cooperative Extension has received a USDA grant for a program that introduces families to the farmers' market. This program will expand the availability of fresh, local produce for all. Read about it here:



<http://www.cals.ncsu.edu/agcomm/news-center/perspectives/new-program-to-help-families-use-locally-produced-foods-in-affordable-meals/>

- 40) We know that fruits and vegetables are good for us, but how do we think about the farmworkers who grow them? We know it is important to understand and care about the lives of others. Read about the conditions of United States farmworkers here:
<http://www.extension.org/pages/9960/migrant-farm-workers:-our-nations-invisible-population#.VjE71rRViko>
- 41) Do faith and local food have anything to do with each other? This article suggests that they do. “Community-based food systems are driven by values that include sustainability, strong communities, access to land, wise use of resources, waste reduction and reuse, justice and fairness.” Read more in the article “Eat Local. What’s the Big Deal?”:
<http://www.extension.org/pages/71927/eat-local-whats-the-big-deal#.VjE927RViko>
- 42) Have you heard of North Carolina’s 10% Campaign? It is an exciting initiative that could work in other states, too! It encourages consumers to commit 10% of their food budget to support local food:
<http://www.cefs.ncsu.edu/whatwedo/foodsystems/10percent.html>
- 43) A number of North Carolina farmer’s markets received USDA grants to expand – including the Joseph Community Farmer’s Market out of Peletah Ministries.
<https://localfood.ces.ncsu.edu/2015/10/usda-awards-local-food-and-farmers-market-promotion-program-grants/> Peletah Ministries began the market after completing the Faithful Families program! May their creative and strategic thinking be an inspiration to all of us!
<http://www.newbernsj.com/article/20151014/NEWS/151019474>
- 44) Looking for a way to bring your family closer together and encourage healthy eating and living? Check out this #USDA blog post about teaching kids about where food comes from through community farmer’s markets!
<http://blogs.usda.gov/2013/08/08/farmers-markets-teaching-kids-where-food-comes-from/>
- 45) Buying local food supports our communities and stimulates local economies. What are some of your favorite ways to buy local food and what tips have you learned? Share them with us in the comments below!

Parenting / Family:

- 46) Watching kids learn and grow is incredibly rewarding and joyous – and so is watching them learn to eat healthier foods! Check out this resource for tips on introducing kids to new foods and healthy eating habits:
<https://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/red-light-green-light/>
- 47) Sometimes the best resources come from within our own communities. We want to hear your successes about encouraging kids and families to eat healthy foods. What



has worked? What advice can you offer to other parents? Share your tips in the comments below.

- 48) Feeding our little ones nutritious foods helps them grow in all kinds of ways. If your little ones are in school, help them stay focused and learn throughout the day with a healthy lunch and after school snack. Check out this video from our NC EFNEP partners for ideas: https://www.youtube.com/watch?v=5MP_F4P_3Hw

Holidays / Spirituality:

- 49) Mindfulness is more than a buzzword. It can be a really great way to connect spirituality and eating healthfully. Check out these blog posts on how to live mindfully: <https://esmmweighless.com/blog/live-mindfully/>
- 50) Food is a central part of many of our religious holidays. Check out this extensive index from the USDA on budget-friendly, healthy recipes for all types of holidays: <https://snaped.fns.usda.gov/nutrition-through-seasons/healthy-thrifty-holiday-meals>
- 51) Mindfulness isn't just for the yoga mat, spiritual center, or faith community. You can incorporate mindfulness into your daily life, to help you live a purposeful, healthy life. Check out these tips: [https://esmmweighless.com/new-esmm/wp-content/uploads/2011/12/Mindful Activities.pdf](https://esmmweighless.com/new-esmm/wp-content/uploads/2011/12/Mindful_Activities.pdf)
- 52) Are there any healthy-living initiatives currently happening in your faith community? Share your stories with us in the comments below!