

## STRATEGY 10: Collaborate with Food and Nutrition Programs to Offer Healthy Food and Beverage Options

# how to implement

Working to increase healthy eating? Don't go it alone! Bring other programs or meal patterns into the mix. Here are some ideas to consider.

**Bolded items** mean there is a supporting document in this section!

### Follow a healthy meal and snack pattern.

Recommended patterns include:

- **Child and Adult Care Food Program (CACFP)**
- **MyPlate**
- **Harvard School of Public Health Healthy Eating Plate**

