

Logo



Shelf Talkers



Refresh with a **SMART** drink:

JHU does not endorse any product referenced in this trial which are mentioned only for illustrative purposes; in no way is JHU suggesting that any referenced product is healthier, better or worse than any other product.

Posters

REFRESH WITH A SMART DRINK

CHOOSE WATER

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BMORE HEALTHY! COMMUNITIES FOR KIDS

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HUNGRY FOR A SWEET SNACK?

Refuel with a low fat & low sugar granola bar or fruit

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Try a
FRESH SIDE & REFRESH
 with a smart drink!



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BEFORE HEALTHY!
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Try a
FRESH SIDE OR DRINK
 with your meal!



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حلال
 HALAL

\$7.50

Try a
Combo Meal
 at Halal Foods

- 1 Pick your sandwich**
 Turkey sandwich with low fat mayo, 95% lean turkey, 100% whole wheat bread, lettuce, tomato & reduced fat provolone cheese.
- 2 Pick your side**
 Cole Slaw
- 3 Pick your drink**
 Bottled Water

Look for the leaf to find the **fresh** combo meals!

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BEFORE HEALTHY!
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\$6.75

Reach your potential with a
Combo Meal
 at WWW Pizza

- 1 Pick your sandwich**
 Turkey Wrap
- 2 Pick your side**
 Fruit Cup
- 3 Pick your drink**
 Bottled Water

Look for the leaf to find the **fresh** combo meals!

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Handouts

High Energy Noodles Recipe

Directions:

1. Cook the noodles (without the flavoring packet) according to package directions. Drain.
2. Heat a large skillet over medium-heat until hot. Add chicken and cook, stirring frequently, until no longer pink. *If you are using pre-cooked chicken it can be heated in the oven.*
3. Add vegetables and cover. Cook until vegetables are cooked through (about 5 minutes).
4. Add soy sauce, garlic and 1/2 the seasoning packet to water. Mix well. Pour over chicken and vegetables, add noodles and toss to mix.



Refuel with Banana Waldorf Salad

1 Prepare your ingredients!

- 1 banana sliced
- 1/2 apple sliced
- 1 small serving size container of low fat yogurt
- 1 pinch of cinnamon (optional)
- 1/8 cup of your favorite nuts or seeds

2 Add yogurt to a small bowl & mix in the bananas and sliced apples. Top with cinnamon & walnuts.



STOPLIGHT SNACKS

RARELY

Eat snacks high in calories, salt or fat, such as packaged cookies, potato chips and candy bars.

SOMETIMES

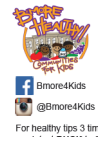
Eat snacks with a moderate amount of calories, such as light string cheese, baked chips and low-fat cereal bars.

ANYTIME

Eat snacks low in calories and fat that are loaded with calcium, fiber and vitamins, such as fresh fruits, vegetables and non-fat yogurt.

RETHINK YOUR DRINK! water has zero calories

- ✓ Keeps you hydrated
 - ✓ Hydration helps prevent overeating
 - ✓ Boosts your energy
 - ✓ Helps you burn fat
 - ✓ Keeps skin healthy
 - ✓ Helps digestion
 - ✓ Helps relieve headaches
- REFRESH with a smart drink!**



For healthy tips 3 times per week text BHCK to 313131

Get a BOOST of flavor with FRUIT INFUSION drinks!



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Reach your potential with 100% whole grains!

Low Sugar Cereal
Simple! Try Cheerios, Kix or Life with fresh or dried fruit.



High Fiber Cereal
Fiber helps you feel full longest! Try unsweetened Shredded Wheat or plain oatmeal.



Skim or 1% Milk
Tastes just as good with fewer calories! Skim and 1% milk have the same amount of vitamins and minerals as whole milk.

Make your morning Naturally Sweet



1. Choose high fiber, low sugar cereal
2. Choose skim, nonfat or 1% milk (or Lactaid)
3. Add fresh or dried fruit to sweeten!

1 cup low sugar cereal
1/2 cup of fresh fruit or 1/4 of dried fruit



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Giveaways



Educational Activities

Rethink your drink #1



Do you look at the nutrition label?



Have a craving for something sweet?

Have a craving for SOMETHING SWEET?

The next time you want to buy a sweet snack, which would you choose?

Snack	Quantity	Sugar Content
M&M's	1 bag	23 grams of sugar
Granola Bar	1 bar	7 grams of sugar
Sour Patch	1 bag	36 grams of sugar
Donuts	1 pack	23 grams of sugar
Tastykake	1 pie	25 grams of sugar

Granola bars are the best choice because they are low in sugar AND are high in other nutrients, such as fiber!

Refresh. Refuel. Reach your potential

Social Media




B'more Healthy Communities for Kids

Published by Ivory Loh [?] · June 11 at 7:00am · 🌐

#FunFactFridayBHCK Did you know...that Raisin Bran has more #fiber than Corn Flakes and Kix? Corn Flakes and Kix are great low sugar cereal options but Raisin Bran wins in fiber! Refuel with these cereal in the morning! #RefuelBHCK

Kellogg's Corn Flakes®

Nutrition Facts	
Serving Size 1 Cup (28g)	
Amount Per Serving	Cereal with 1/2 cup skim milk
Calories	100 140
Calories from Fat	
Total Fat 0g*	
Saturated Fat 0g	
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0% 0%
Sodium 200mg	8% 11%
Potassium 45mg	1% 7%
Total Carbohydrate 24g	8% 10%
Dietary Fiber 1g	4% 4%
Sugars 3g	
Protein 2g	



Nutrition Facts

Serving Size: 1-1/3 cup (30g)

Amount Per Serving	
Calories	120
Total Fat	1 g
Saturated Fat	0.14
Trans Fat	0 g
Cholesterol	0 mg
Sodium	219.9 mg
Potassium	39.9 mg 1%
Total Carbohydrate	25.3 g 8%
Dietary Fiber 0.99 g	4%
Sugars	3 g
Sugar Alcohols	
Protein	2 g
Vitamin A	500.1 IU 10%
Vitamin C	6 mg 10%
Calcium	150 mg 15%
Iron	8.4 mg 47%



bmore4kids
Baltimore, Maryland

74 likes 4d

bmore4kids #Bmore4Kids is promoting chewy granola bars at #Baltimore corner stores this week! #DidYouKnow that chewy granola bars are a healthier alternative to candy and snack cakes because they are lower in sugar and higher in fiber? Check out our Facebook page (link in bio) to see which stores we are visiting, and stop by to grab a free granola bar!

#RefuelBHCK #SnackSmartBHCK #community #LowSugar #HealthyEats #HealthyKids #obesity #love #food #photooftheday #Maryland

leslieangel 🌸🌸

♡ Add a comment... ⋮



bmore4kids
Family Food Market

81 likes 4w

bmore4kids #DidYouKnow Hugs fruits drinks contain less sugar than soda? #Bmore4Kids Youth Leaders were at Family Food Market yesterday! They educate customers coming into corner stores and introduce them to low sugar drinks such as Hugs to help them make healthier choices.

#RefreshBHCK #DrinkSmartBHCK #CornerStore #youth #leaders #Baltimore #nutrition #education #obesity #FreshFood #GreenEats #LowSugar

♡ Add a comment... ⋮

Mailing (wave 2 only)

