



Virtual Implementation Guide

We're excited to help you bring healthy living to your community through our educational experiences.

Healthy for Life® is a community-based nutrition and well-being program created by Aramark and the American Heart Association that focuses on empowering people to make healthier food choices. The program incorporates interactive components such as cooking demonstrations with healthy shopping workshops to equip individuals with new skills for healthy living. The sessions can be offered in small groups or through a virtual platform.

Here are some tips to consider if you plan to offer through a virtual platform.

Facilitator Preparation:

- Get familiar with the online platform you have selected.
- Create instructions for participants in case they are new to the tool.
- Ensure meetings are secure by requiring a logon password.
- Recruit someone to serve as the technical support and trouble shoot, if needed.
- Engage participants using tools like polls or breakout rooms keeping the session interactive.
- Keep the size of the group manageable, allowing for active participation. Suggest 20-25 individuals.
- Provide supplies and handouts ahead of time. Options may include pick up, drop off, or ship to participants.
- Offer incentives such as e-gift cards to encourage arriving on time and/or incentives upon completion.
- Send email and/or text reminders.
- Practice. Practice. Practice.



Participant Preparation:

Host an initial session to show participants how to log-in and use key features.

This might include:

- How to mute/unmute and how to connect to audio from a computer or call in on a phone.
- How to turn the camera on/off. Explain that if it's off and the screen is black, the leader cannot see them.
- Share how to post comments and send private message to the leader.
- Change the view from speaker view to gallery view.
- Show to how to contact support person for technical assistance.

Educational Experiences Suggestions for Virtual Implementation

We have identified specific educational experiences that are more conducive to offer through an online platform.

Theme	Educational Experience	Video(s)
Well-Being	Exercise Within Reach	Exercise Within Reach (Video)
Well-Being	Feed Your Potential	Feed Your Potential (Video) ; What is a Serving? (Video)
Well-Being	Meditation to Boost Your Well-Being	Meditation to Boost Your Mental Well-being
Cooking Skills	Tasty, Affordable Meals for Busy Families	No video
Cooking Skills	Healthy Ingredient Swap	Healthy Recipe Swaps (Video)
Cooking Skills	Kitchen Discovery with Kids	White Bean and Avocado Wrap
Cooking Skills	Snack Smarter	Italian Caprese Avocado Toast
Cooking Skills	Double-Duty Meals	Double Duty Meals
Grocery Shopping	Pantry Makeover	Pantry Makeover (Video)
Grocery Shopping	Food Label Smarts	Food Label Smarts (video)
Grocery Shopping	Weekly Meal Plan Made Easy	None
Grocery Shopping	The Power of Plant-Based Eating	Linguine with Cannellini Beans and Summer Squash
Gardening in Your Neighborhood	Save It Now, Savor It Later	Several how-to videos (blanching; freezing, drying)
Gardening in Your Neighborhood	Herbs for All Seasons	Minted Sugar Snap Peas
Globally Inspired Home Cooking	Beans + Rice = A Complete Protein Nutrition for Global Nutrition	Home Cooking with Beans and Rice (Video)
Growing Healthy Habits	Become a Sharper Chef	Sliced Fruit with Yogurt Dip (Video)
Growing Healthy Habits	Fuel Up to Move More	Blueberry Cottage-Cheese Pancakes (Video)