Healthy Navajo Store Initiative

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Community Outreach and Patient Empowerment (COPE)
Healthy Navajo Store Initiative
Healthy Navajo Store Toolkit
DINÉ TRADITIONAL FOOD

Three Sisters Stir-fry

Technical Assistance
Materials

CommCare
Application Building
Design
Results
Results Cont.
Collaboration
Healthy Nutrition Stores Initiative

Try a sample! Free recipes & prizes!

FREE! FREE!
Incorporation of Healthy Beverages

Fruit Infused Water Recipes

Ingredients:
- Pomegranate + Lime
- Pomegranate + Cucumber + Lemon
- Cucumber + Lemon + Mint

Ingredients:
- Strawberry
- Cucumber
- Lime

Ingredients:
- Watermelon + Mint
- Strawberry + Kiwi + Lime

Ingredients:
- Raspberry + Mint
- Blackberry + Sage

Ingredients:
- Strawberry
- Orange
- Mint

Ingredients:
- Strawberry + Rosemary
- Grapefruit + Rosemary

Fruity & Refreshing
Perfect for everyday drinking

How to make Fruit Infused Water:
1. Wash your ingredients.
2. Cut fruits and remove pits, seeds & pips.
3. Place ingredients into your container with water added & refrigerate for 1 hour.

For best taste, serve cold
You can use your fruit mixture 2-3 more times, but don’t high-tech it too far as the fruits can become bitter & they’ll lose their flavor.
One Day Survey

n=318

- Soda: 49%
- Sweetened Coffee: 29%
- Water: 24%
- Sports Drink: 23%
- Fruit Drinks: 18%
- Energy Drinks: 13%

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Head Start Elementary Student’s Favorite Drink

TruMoo Chocolate Whole Milk

Kool-Aid

Gatorade

Tropicana Orange Juice
Conclusion
Ahéhee’
(Thank You)