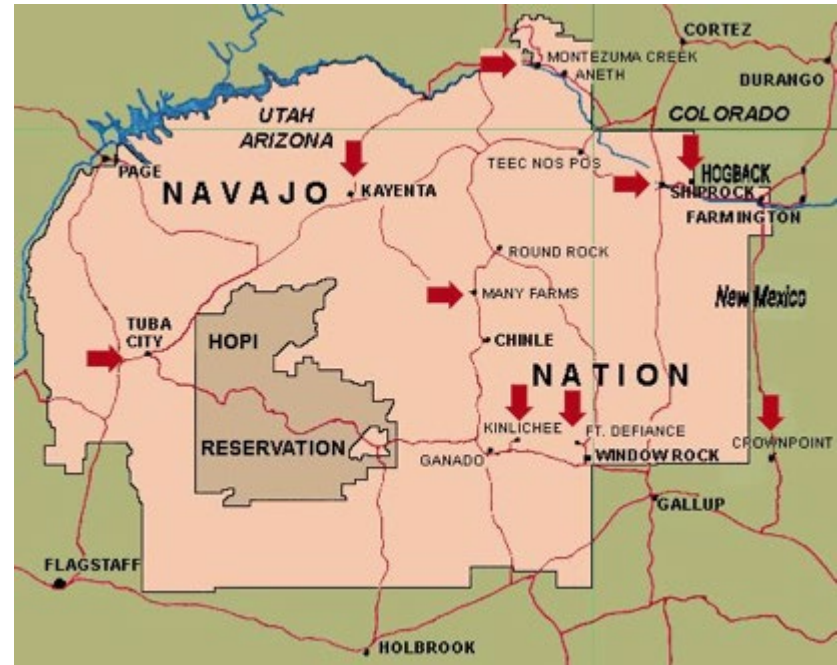
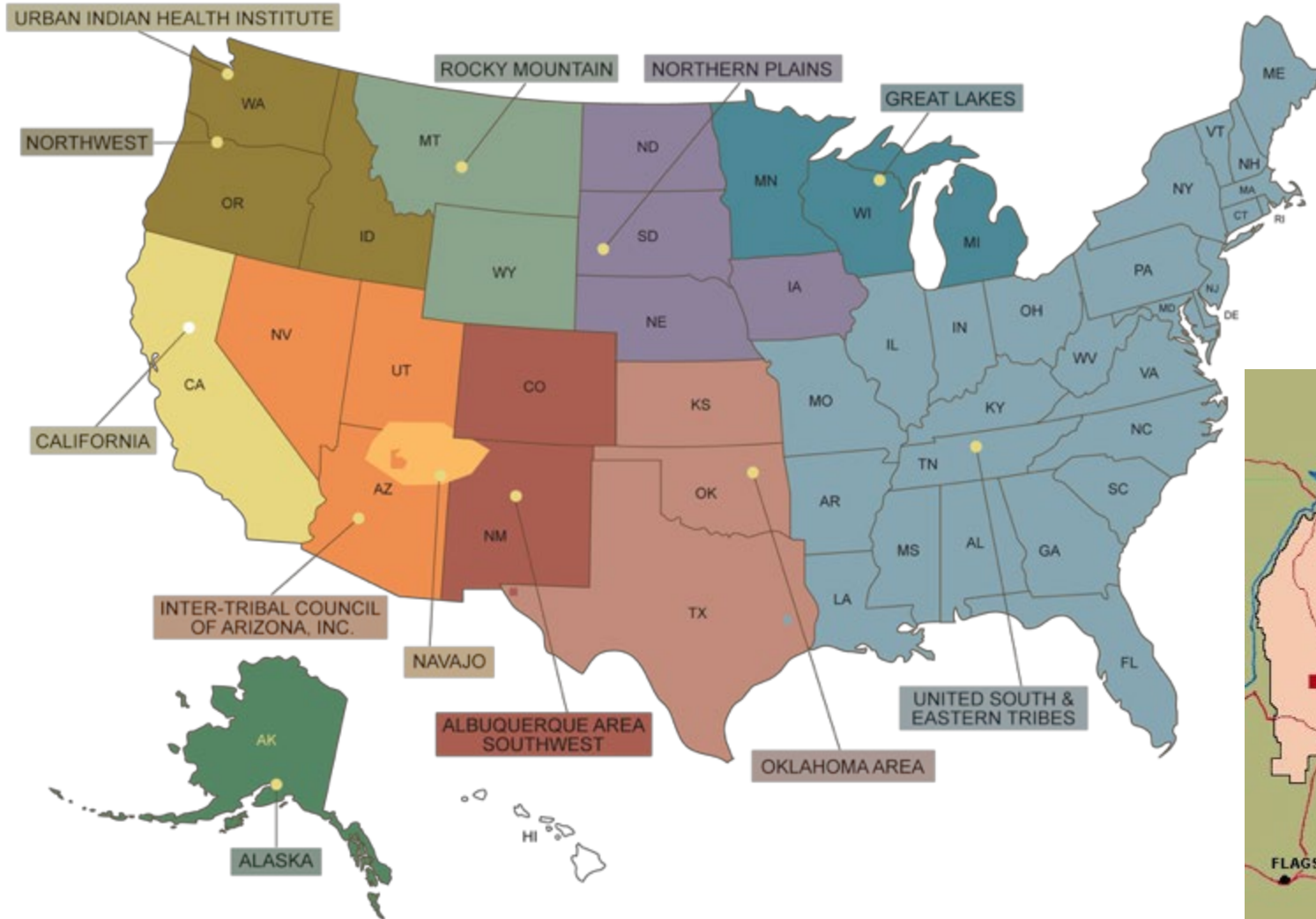


Healthy Navajo Store Initiative

Janine Hood, MSc
Community Outreach and Patient Empowerment
(COPE)

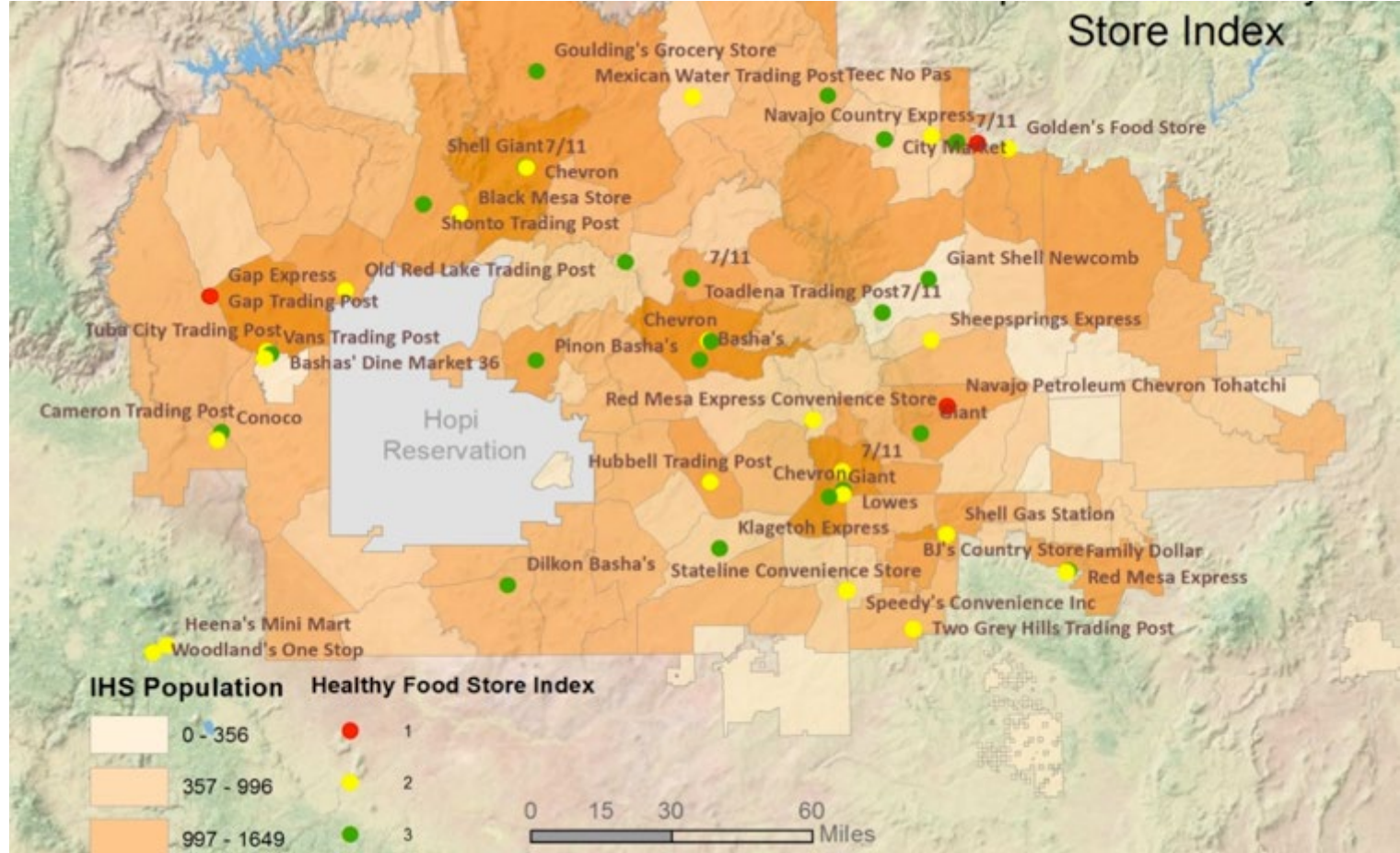




COPE

Community Outreach &
Patient Empowerment

Healthy Navajo Store Initiative





Healthy Navajo Store Toolkit



The Healthy Navajo Stores Initiative
PROGRAM TOOLKIT



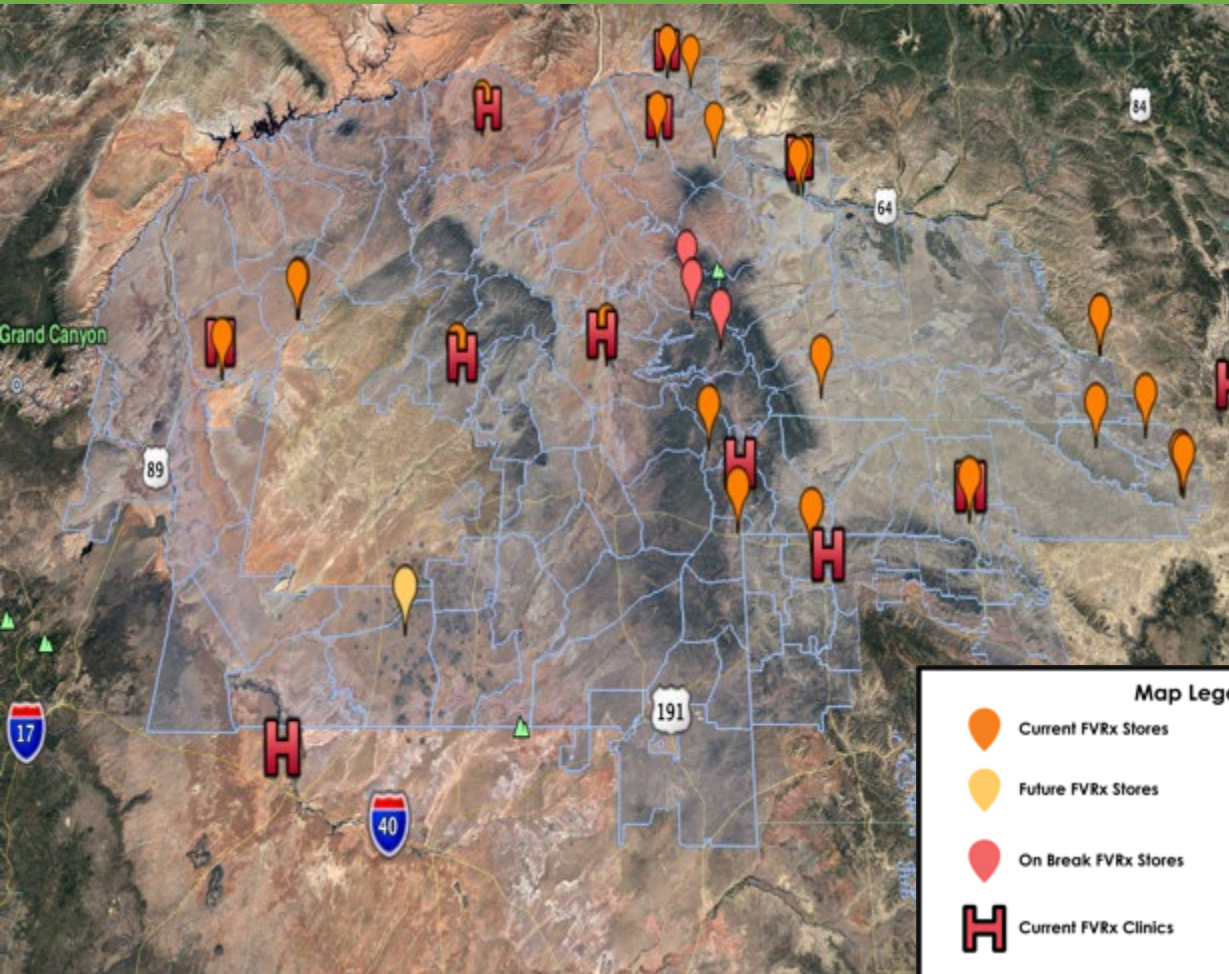


**DINÉ
TRADITIONAL
FOOD**



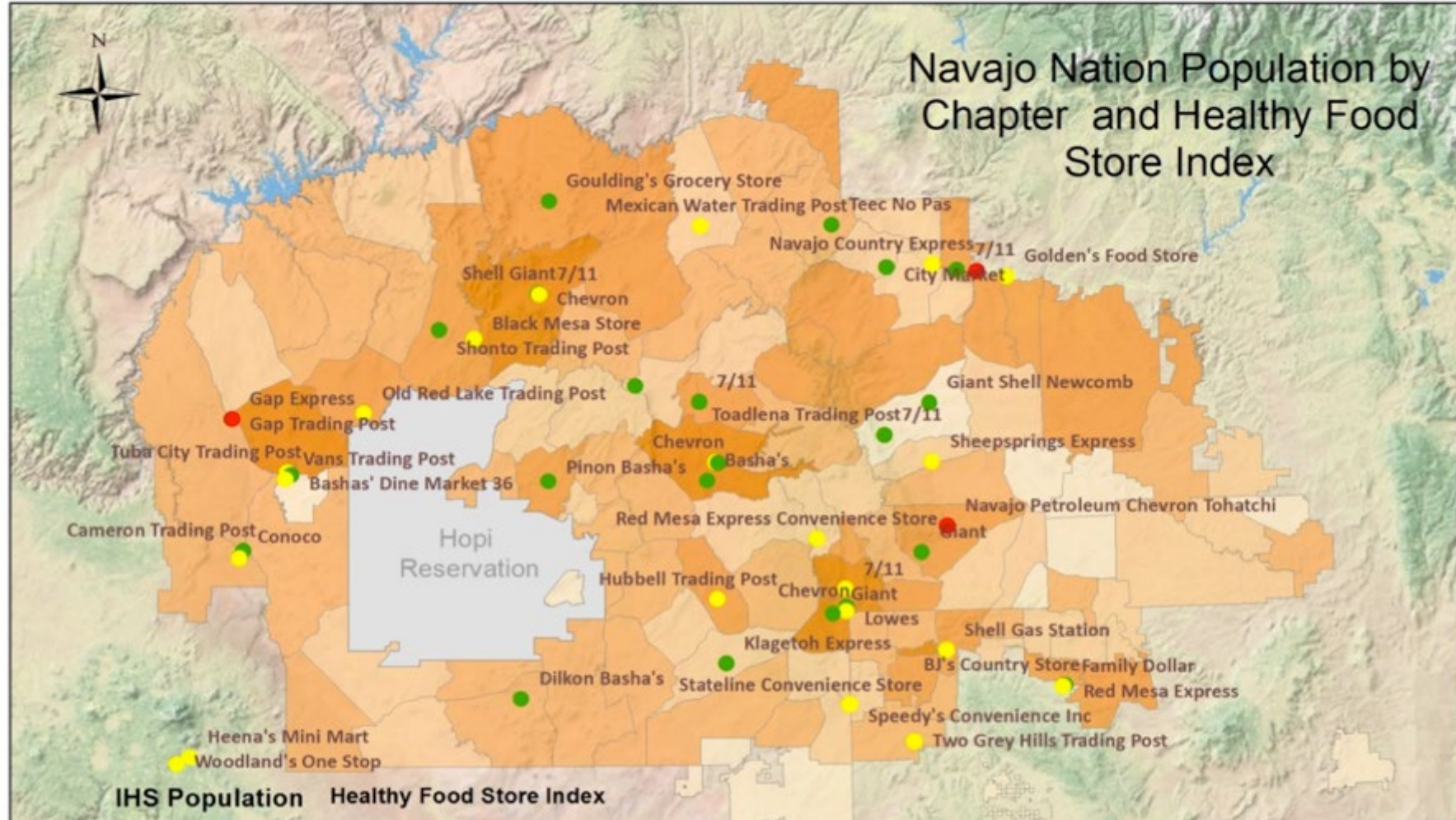
Technical Assistance

Navajo Fruits and Vegetable Prescription Program



**NAVAJO FVRx
APPROVED**

Participants



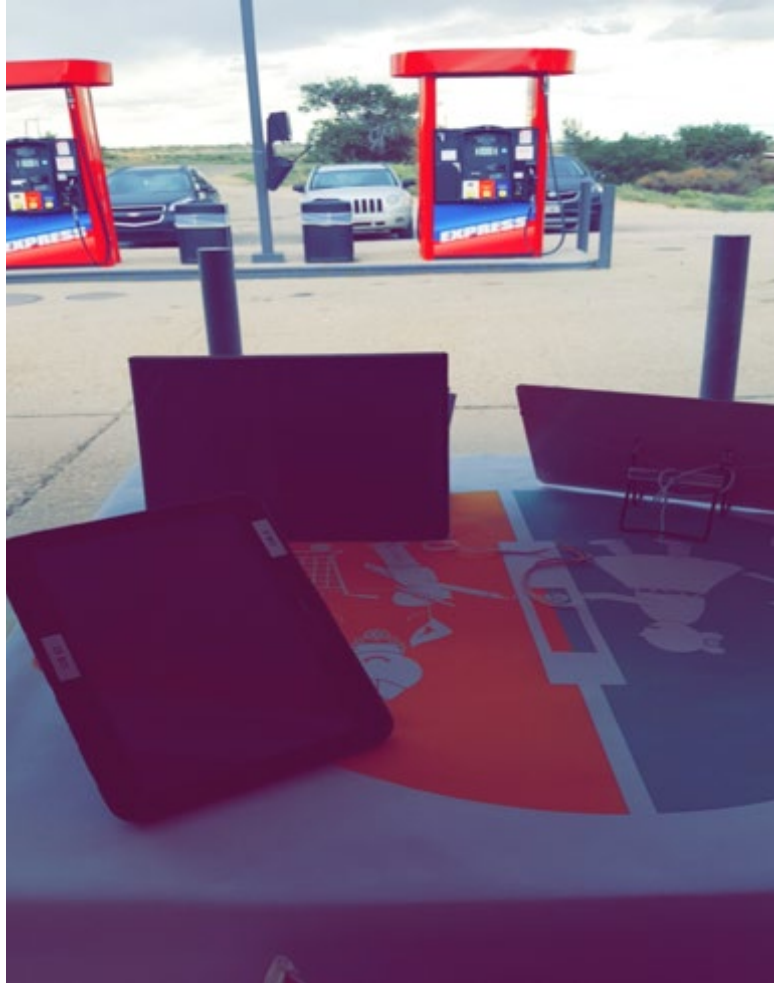
Materials

CommCare

Application Building



Design



NAVAJO FV Rx
APPROVED



Results

Results Cont.





Collaboration



Healthy Stores Initiative

Try a sample!

Free recipes & prizes!

FREE! FREE!

| | | | | |
|--|--|--|--|--|
| | | | | |
| | | | | |
| | | | | |



Incorporation of Healthy Beverages



Fruity & Refreshing

Perfect for everyday
drinking



How to make Fruit Infused Water:

- Wash your ingredients.
- Cut fruits and remove peels, rinds & piths.
- 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 try to stretch it too far, as the fruits can become bitter & they'll lose their flavor.

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:

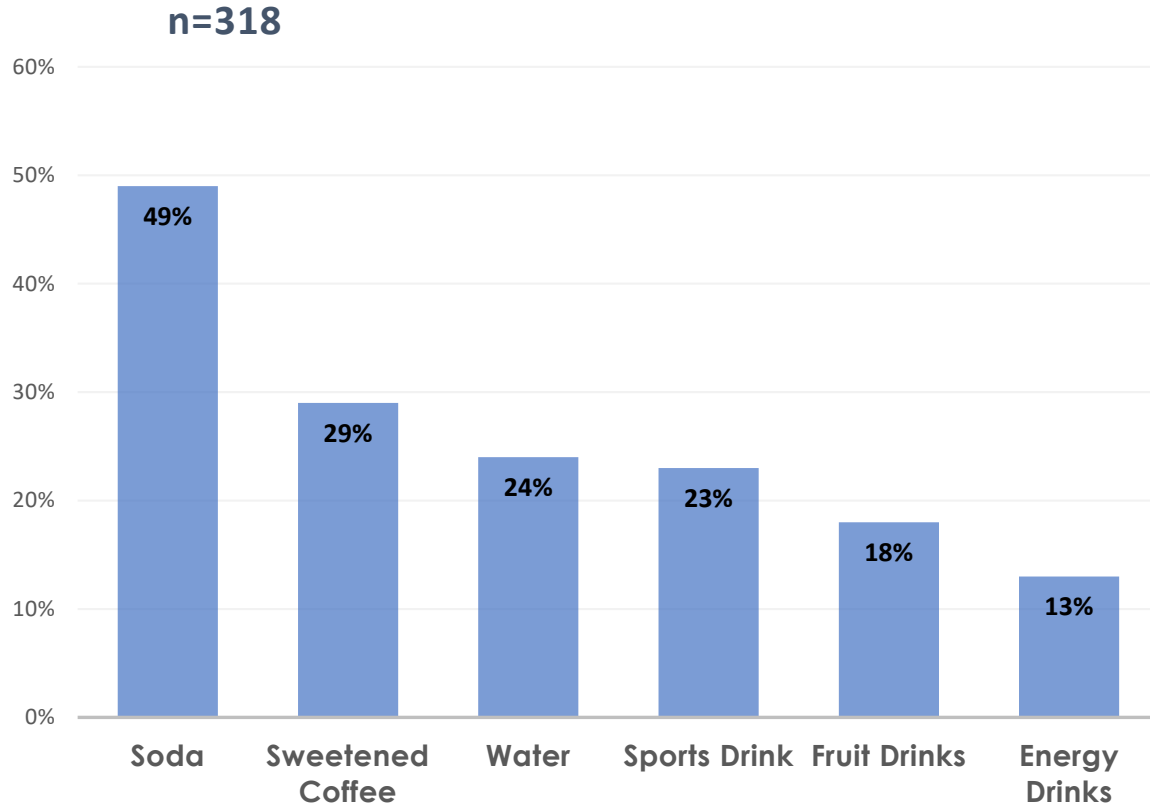
Strawberry + Rosemary



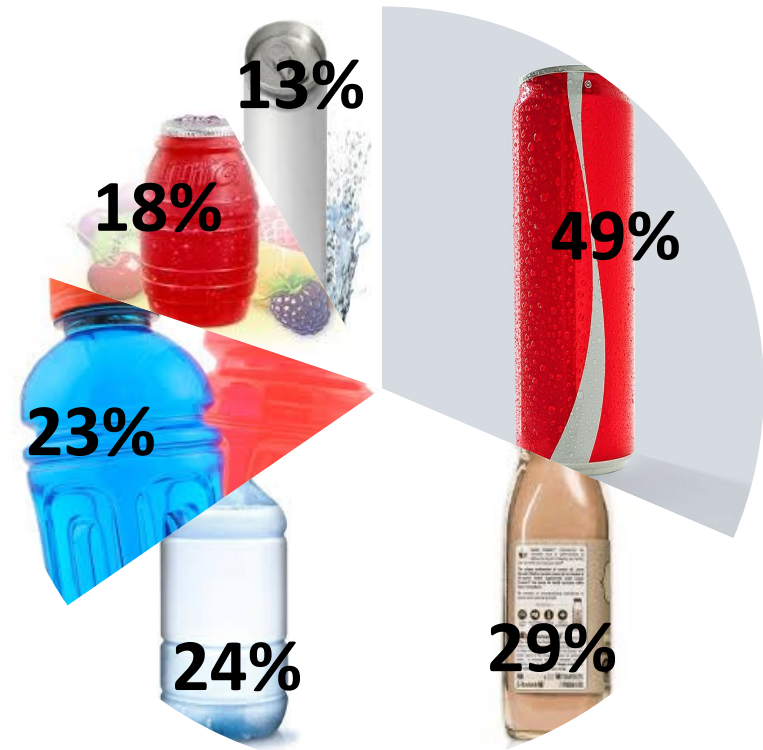
Grapefruit + Rosemary



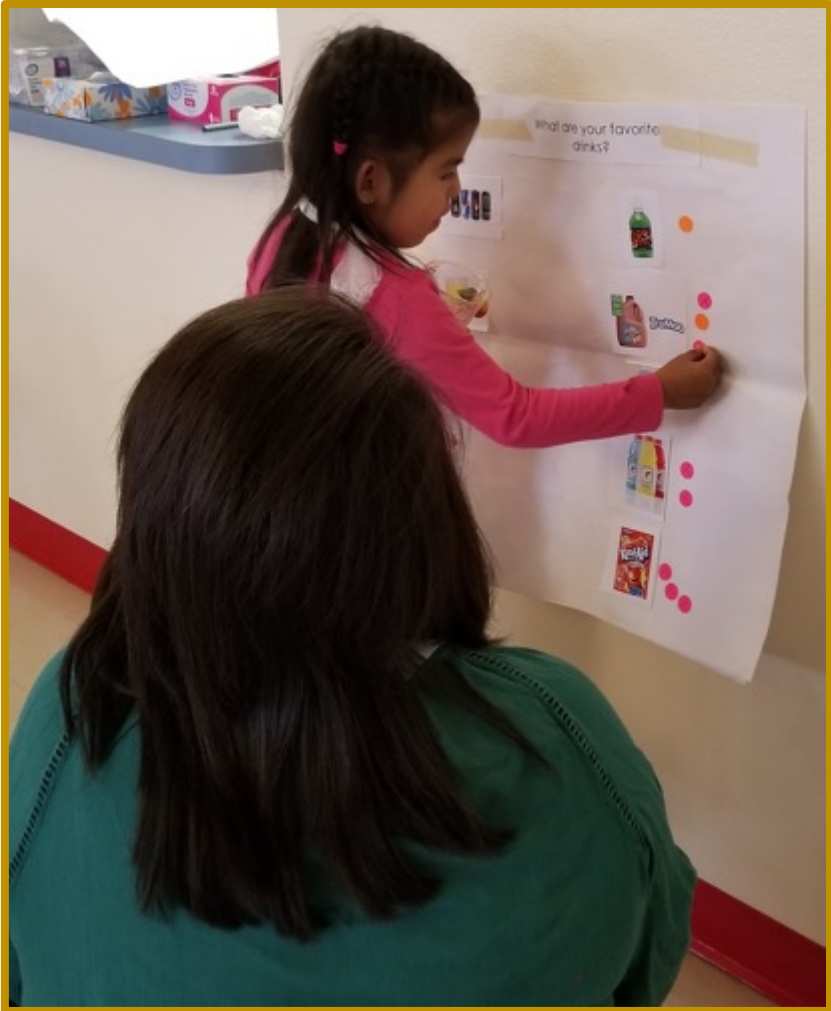
One Day Survey



n=318



Head Start Elementary Student's Favorite Drink







Conclusion





Ahéhee'

(Thank You)