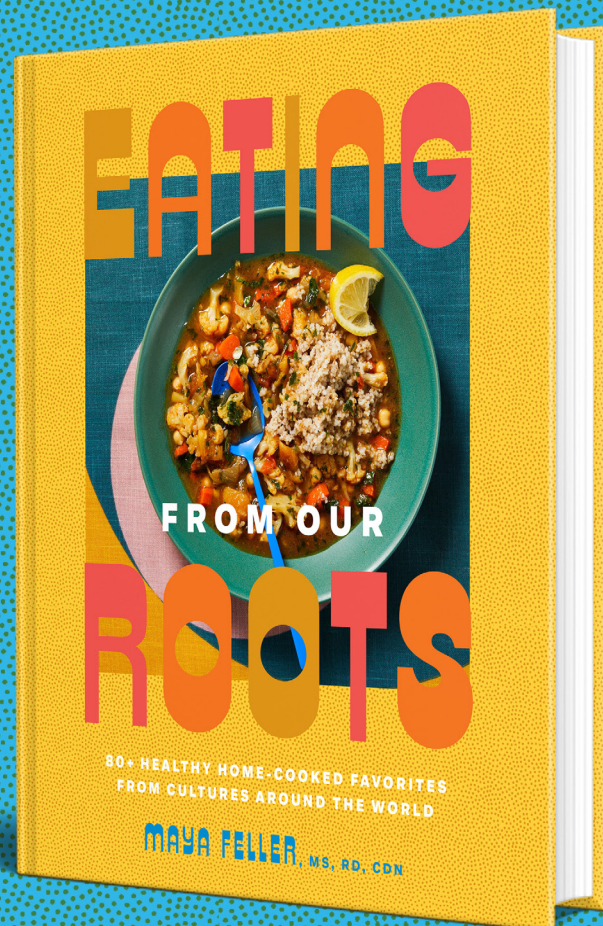


WORKSHOP

EATING FROM OUR ROOTS

MATERIALS



GOAL-SETTING WORKSHEET

Name three nutrition-related goals.

(Identify goals that are realistic: for example if you want to increase your overall intake of vegetables perhaps your goal would be to go to the grocery store, purchase a vegetable you are familiar with, and aim to add more of that particular vegetable to your breakfast, lunch, and dinner.)

1.

2.

3.

For each goal, identify two behaviors that will support the desired outcome.

(If you want to support eating more vegetables, one behavior could be to make a weekly grocery shopping list and write down the vegetables—both fresh and frozen—that you would like to purchase.)

GOAL 1

1.

2.

GOAL 2

1.

2.

GOAL 3

1.

2.



For each goal, identify two barriers to achieving it.

(For example, a barrier would be not creating time for grocery shopping.)

GOAL 1

GOAL 2

GOAL 3

1.

1.

1.

2.

2.

2.

Identify two ways that you will know that you have reached your goal.

GOAL 1

GOAL 2

GOAL 3

1.

1.

1.

2.

2.

2.



CREATING YOUR DEFINITION OF A HEALTHY PATTERN OF EATING

Write your definition of healthy eating.

(Self-reflection: Does your definition of healthy eating include a variety of foods from multiple food groups? Is there space for all foods in your definition?)

Identify five foods that you think of as quintessentially healthy.

(Self-reflection: are these foods representative of your ethnicity and history?)

1.

2.

3.

4.

5.

Identify five foods that you think are quintessentially unhealthy.

(Self-reflection: why do you think these foods are unhealthy?)

1.

2.

3.

4.

5.

Name three lifestyle shifts related to nutrition that you can engage in to help your day to day become more in line with your definition of healthy eating.

1.

2.

3.



GENERAL NUTRITION-RELATED RECOMMENDATIONS

- Aim to consume a variety of culturally relevant vegetables that are both starchy and non-starchy along with fruits, beans, nuts, and seeds
- Vary your grains and include whole and ancient grains
- Season your foods with herbs and spices while using added sugars and salts intentionally and sparingly
- Make peace with your kitchen and outfit your pantry to include a mix of staple items that are both perishable and non-perishable
- If you consume animal proteins, look for fresh and self-stable options that fit your budget and lifestyle. (i.e., tinned and jarred fish)
- If you consume dairy, opt for plain, unsweetened dairy from cows, sheep, and goats—and be sure to include fermented options like yogurt, skyr, kefir, and labneh

Based on the pointers above, create a pantry list that takes your budget, time, likes, and dislikes into consideration.

SELF-DIRECTED WORK

Create a culturally relevant, balanced grocery list that includes staple, frozen, boxed, jarred, and fresh items.



THANK YOU FOR PARTICIPATING.

**LET'S CONTINUE THE
CONVERSATION ONLINE!**

#EATINGFROMOURROOTS



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HARMONY