

Healthy Eating is a Girls' Issue!

Empowering approaches to health promotion challenge gender stereotypes, encourage critical thinking, teach new skills, and provide girls with the knowledge and resources they need to make healthy changes in their lives. Facilitators of girls' programs can create safe spaces to discuss how healthy eating is connected to family, culture, body image, media pressures, and more! Start a conversation:

SOCIAL MEDIA

Do you think social media affects how we view nutrition? What kind of messages do we get and how do they affect our relationship with food (good and bad)?

ENVIRONMENT

What we eat affects the environment. Vegans, vegetarians, and omnivores alike can make dietary changes that affect the well-being of the environment. How can we learn more about food production and climate change and healthy eating?

LISTEN TO YOUR BODY

What does healthy eating look like for you? What foods energize you? What time of day should you eat a big meal? What does it feel like when you're full? What foods are comforting and why?

WHO COOKS?

Who's responsible for grocery shopping and cooking in your home? Does gender affect what and how we learn to cook? Why are there way more male celebrity chefs? What needs to change?

CULTURE

How does culture affect our ideas about "healthy food"? How does our cultural connection to certain foods nourish us? What are the connections between food and caring and community?

COST OF FOOD

Does healthier food cost more? Where do we get our food and how does it affect what we eat? How can we advocate for more affordable food access for everyone? Where is food available in our community?

Facilitator's Tip: Language Matters

Be mindful of the language you use when talking about healthy eating. Expressions like "right choices" and "eating right" do not take into consideration socio-economic factors that affect food accessibility (e.g., poverty) and can create feelings of guilt and shame for some girls. Some facilitators find it helpful to explain the difference between "everyday" foods and "sometimes" foods. Role-model eating "sometimes" foods in moderation, without talking about being bad or feeling guilty. Also avoid labels such as "good/bad," "toxic/clean," and "junk/healthy food."

Download the *Take Care* curriculum guide and other resources on empowering approaches to health promotion for girls



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