



Creating Policy, Systems, Environmental Change: Success Story and Lessons Learned

Title

Lunch Box ideas

Intervention Summary

Amador County provides indirect education to WIC sites that supports the WIC nutrition message for the month. During the latest clinic SNAP provides taste testing for whole grain snack mix for packing into their children's lunch boxes. The month following this demonstration mother's approached the SNAP Educator to state that their children loved the snack mix so they are incorporating the SNAP approved recipe into their lunch box routine.

Description of Barriers Encountered and Identified or Proposed Solutions

Amador County consumers express little resistance to trying new healthier recipes.

Future Directions/Sustainable Success

Amador will continue to offer easy, healthy, recipes that will assist families in healthy meal/food choices for their families. The taste tasting has proven effective in getting families to try and incorporate healthier alternatives into their daily food preparations.

Contact information about this Narrative

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