



5 TIPS TO FLIP...YOUR FRIDGE

Open the door and see your refrigerator in a new light, asking yourself what you can 'flip' around to make healthy eating easier for you and your family!

Try these 5 easy steps to get started:

- 1. Easy to see, easy to choose:** place healthier snacks like fresh fruits, veggies and hummus, light yogurt, string cheese, or bagged nuts visible, and at eye level. Use clear containers so you know what's inside
- 2. Make it snack-ready:** as soon as you get home from the store spend a few minutes washing and cutting up some of your produce so that's it an easy grab when hunger strikes
- 3. Out of sight, out of mind:** keep the less-healthy items in the back of the fridge or tucked away in a drawer
- 4. Be food-safety minded:** keep any raw meat in the bottom section or drawers of your refrigerator
- 5. Rethink your drink:** best bets are water, seltzer water, unsweetened tea and low-fat or skim milk as your thirst quencher

*Find 'flipped fridge' examples, tips, meal ideas and resources at www.ymcawichita.org/nutrition or contact Tammi.Krier@ymcawichita.org

Flip Me for Your Health!

