



TO: Kansas Hospitals

FROM: Kansas Hospital Education and Research Foundation

SUBJECT: Healthy Kansas Hospitals – Toolkit #3

DATE: December 2016

Thank you for your continue commitment to establishing a healthier environment. And being a leader in your community by establishing norms and influencing health decisions. Thank you for all you have done so far to provide the healthiest choices possible for patients, visitors and staff.

The Kansas Hospital Education and Research Foundation is pleased to provide hospitals with this third toolkit. We appreciate the opportunity to provide additional resources, shared knowledge and innovative approaches to improving the food and beverage choices in your facility and community.

This third toolkit of resources and templates was created to further assist and support you as you lead the way to improve food and beverage environments in Kansas hospitals. The enclosed materials (as well as all the materials in the first and second toolkits) are available online at www.HealthyKansasHospitals.org.

Healthy Kansas Hospitals Toolkit #3:

A Guide to Posting on Facebook	Sneaking More Vegetables into Meals
Health Data on Kansas Health Matters	Build a Healthier Salad Flyer
Centers of Excellence Case Studies	When to Eat What Calendar
Model Policy Template	Tips for Healthy Snacking
Healthy Kansas Hospitals Resources FAQ	My Plate, MyWins: Make it Yours
PowerPoint Template	MyPlate My Wins: Build a Healthy Meal
Key Changes to the Nutrition Facts Label	Tips to Help You Keep Healthy on a Budget
Tips for Adding More Color into Your Diet	Hospital Guide to 12345 Fit-Tastic!
Eat More Color – Fruits/Vegetables Flyer	Substitution Guide

Special thanks to the Kansas Health Foundation for funding this initiative. The Kansas Health Foundation is a private philanthropy dedicated to improving the health of all Kansans. For more information about the Kansas Health Foundation, visit www.kansashealth.org.

If your facility has made formal food and beverage policy changes, please e-mail or fax a copy to Hayley Finch at hfinch@kha-net.org. Thank you for your commitment to improving the health and wellbeing of Kansans.