



HEALTHY KANSAS HOSPITALS

HEALTHY OPTIONS ARE THE ROUTINE, EASY CHOICE.

TO: Kansas Hospitals
FROM: Kansas Hospital Association
SUBJECT: Healthy Kansas Hospitals – Toolkit # 3
DATE: December 1, 2023

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 Association is pleased to provide hospitals with this third toolkit. We appreciate the opportunity to provide additional resources, shared knowledge and innovative approaches to improving and nurturing strategies for a healthy culture in your facility and community.

This third toolkit of resources and templates was created to further assist and support you as you nurture strategies for a healthy culture in your hospital and beyond. 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:

Nutritional Facts Label and MyPlate: [English](#) / [Spanish](#)

[Tips for Adding More Color into Your Diet](#)

[Fruits and Vegetables Flyer](#)

MyPlate Flyer: [English](#) / [Spanish](#)

Start Simple with MyPlate: [English](#) / [Spanish](#)

[Eat More Color Infographic](#)

[Recommendations for Healthy Soups and Salads](#)

[When to Eat What Calendar](#)

[Healthy Snacking](#)

[Tips for Health on a Budget](#)

[Five Food Groups](#)

[Substitution Guide - Food Variety List](#)

[Healthy Eating Myth vs. Fact](#)

[Why Is Sodium Bad?](#)

Cut Down on Added Sugars: [English](#) / [Spanish](#)

[Thirsty for Health](#)

Make Better Beverage Choices: [English](#) / [Spanish](#)

If your hospital would like to explore establishing a worksite wellness committee, please e-mail Hayley Finch-Genschorck at hfinch@kha-net.org or (785) 233-7436. Thank you for your commitment to improving the health and wellbeing of Kansans.