Baltimore Healthy Stores

How can you learn more about the project?

Call Mohan Kumar, project coordinator at 443-762-1584 to schedule a presentation to your community group or to learn about different events.

Who else are we working with?

Many organizations have worked with us on this project, they include:
- Center for a Livable Future
- Stop, Shop and Save food markets
- Kids on the Hill
- Baltimore Public Markets Corporation
- Baltimore’s Safe and Sound Campaign
- Department of Housing and Urban Development (HUD), Healthy Hearts in Housing Program
- The Julie Community Center
- Community Action Centers, 2nd, 4th & 5th Districts
- Maryland Food Bank
- St. Francis Academy

For more information contact
Dr. Joel Gittelsohn
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The Baltimore Healthy Stores project is based at Johns Hopkins Bloomberg School of Public Health.

We will:

- Work with some food stores in West Baltimore to help them offer you healthy foods.
- Work with community partners to
  - Offer healthy food samples for you to try
  - Show you healthy ways to cook food
  - Provide knowledge on healthy foods, nutrition and illness

Why?

- Did you know that 3 in 5 adults in W. Baltimore are overweight and 3 in 10 adults are obese?
- Heart disease claims more lives than any other cause of death
- Type of food eaten plays an important role in development of heart disease and diabetes
What are healthy foods?

- Vegetables
- Fruit
- Whole
- Fish
- Lean meats (very little fat)

What are some healthy cooking tips?

- Trim fat from meats before cooking
- Remove the skin from chicken before you cook it
- Steam vegetables
- Broil or bake meats
- Use cooking spray instead of oil or grease

What are some healthy drinks?

- Water is always good, try to drink water as much as you can!
- 100% Fruit Juice
- Diet soda

Why is eating healthy foods important?

Eating healthy foods can help reduce your chances of:

- High blood pressure
- Diabetes (sugar)
- Obesity (being over weight)
- Heart Disease
- Cavities (bad teeth)

There are 9 healthy foods in the list below, can you find them? Place an “X” in front of the healthy food

- Candy
- Carrots
- Beets
- Doughnuts
- Collard greens
- Baked fish
- Fried Fish
- Baked chicken
- Fried chicken
- French fries
- Baked Potatoes
- Water
- 100% Fruit Juice
- Sodas
- White bread
- Whole wheat bread
- Diet soda
- Ice cream

Place an “X” in front of the healthy ways to cook food.

- Baking
- Frying
- Broiling
- Using cooking spray instead of oil or grease

Visit our website, www.healthystores.org, to get the answers and other helpful tips!

Remember to Shop Healthy.