



HEALTHY FOR LIFE®

Healthy for Life® is the flagship initiative between Aramark and the American Heart Association. This multi-year collaboration comprehensively addresses population health by impacting the food environment, engaging consumers, supporting underserved communities, and improving the health of Aramark's own employees and families. Together, we designed a community nutrition program aimed at inspiring individuals and families to discover, choose, and prepare healthy foods.

Champion Healthy Living

- help participants prioritize healthy foods and preparation techniques;
- enhance participant skills and confidence; and
- positively impact the health and well-being of those around you.

Getting Started

The first step is to register at www.heart.org/healthyforlife to receive access to an exclusive one-stop hub with all the information and tools you need to get started. You'll find an online facilitator orientation, and links to resources such as lesson plans, handouts, videos and more. Healthy for Life® is included in the [SNAP-Ed Policy, Systems, and Environmental Toolkit](#).



For More Information:

www.heart.org/healthyforlife
healthyforlife@heart.org

