



FOR IMMEDIATE RELEASE

March 2, 2022

Contact:

Kerry Pascetta

mediainquiries@nhhealthyfamilies.com

NH Healthy Families Tackles Food Insecurity One Community at a Time

Bedford, NH, March 2, 2022 – Upholding nutritional food values can be a challenging task for households, especially those that experience health disparities that affect their access to healthy food options. In recognition of National Nutrition Month during March, NH Healthy Families encourages New Hampshire residents to explore food habits and tips that can help improve diet, nutrition literacy and healthy outcomes.

NH Healthy Families contributes more than \$75,000 annually to civic organizations and food banks in the area of food insecurity. In 2019, the organization created *Green to Go*, a mobile food pantry that brings fresh fruits and vegetables, nutrition education, self-care items and resources to underserved areas of the state throughout the year at no cost. NH Healthy Families’ digital *Find Help* tool connects communities with area resources including food pantries, heating assistance and more. It is available to anyone with web access.

“Our partnerships with New Hampshire organizations that work to supply food security and nutritional health to our members and the overall community is paramount to our mission,” said Clyde White, NH Healthy Families President and CEO. “The work of these partners in tandem with our own initiatives like *Green to Go* allow us to engage with our community to maintain a dialog about the value of nutrition in overall health.”

The NH Healthy Families *Green to Go* van will be visiting New Hampshire communities beginning this month.

“Our organization is pleased to work with NH Healthy Families toward efforts to ensure that no one goes hungry in our community,” said Ken Gordon, Chief Executive Officer, Coos County Family Health Services. “We appreciate their work to improve the health of North Country residents.”

The roots of health disparities in communities go deeper than an individual choosing a healthy lifestyle, as disparities are driven by economic, social and environmental barriers.



According to the [United States Department of Agriculture](#), participants of the Supplemental Nutrition Assistance Program (SNAP) have lower Healthy Eating Index scores, consume less fruits and vegetables and more added sugars, and have higher rates of obesity than non-participants. [Research also shows](#) that limited health literacy is associated with poorer health outcomes and can disproportionately affect minority populations, older adults, persons with lower educational attainment, and/or lower incomes.

To help improve diet behaviors and food choices, NH Healthy Families encourages people to discover new food habits that will help promote nutrition literacy. Below are a few tips that can prepare households with making knowledgeable food choices all year round:

- **Regularly read the ingredients contained in foods.** It's recommended to avoid eating the following ingredients too often: trans fats, excess added sugar or other sweeteners like corn syrup, artificial dyes, nitrates and nitrites found in preserved meats, artificial sweeteners, and other artificial preservatives.
- **Learn how to read a nutrition facts panel.** This trusted label is required by the Food and Drug Administration (FDA) on most packaged food and provides detailed nutritional information measured by serving size.
- **Try to use a grocery list to shop.** This task helps shoppers stay intentional with their healthy food choices.
- **Use guidelines when trying to estimate food portions.** Search how to measure food portions without a scale and learn how to measure food portions using your hands or cups.
- **Stay confident while choosing different meals when dining out.** Be menu-savvy. Try new flavors and foods that have a twist of healthful ingredients.
- **Share meals together as a family when possible.** Don't forget to keep the household informed about new, healthy food choices and ideas, and any food literacy tips that arise.
- **Access NH Healthy Families Find Help tool** for community food resources and more <https://nhhealthyfamilies.findhelp.com/>

National Nutrition Month is an annual campaign created by the [Academy of Nutrition and Dietetics](#). The Academy encourages everyone to learn about making informed food choices and develop sound eating and physical activity habits that they can pass along.

For more about NH Healthy Families' commitment to improving maternal and infant health, and addressing birth defects, visit NHHealthyFamilies.com.



About NH Healthy Families

NH Healthy Families™ is a health plan serving the needs of New Hampshire residents through the state Medicaid program, Ambetter™ marketplace exchange product, and Wellcare, our Medicare Advantage product. Our locally-based employees and fully-integrated Medical, Behavioral and Wellness programs provide innovative health solutions to every region of the state with the express purpose of transforming the health of the community one person at a time. NH Healthy Families is a wholly-owned subsidiary of Centene Corporation, a diversified, multi-national healthcare enterprise. Information is available at NHHealthyFamilies.com.

#



- Special assistance to high-risk members enrolled in the OB care management program.
- A personal nursing staff and a 24/7 nurse advice line.
- Robust text and email campaigns for tips on pregnancy and newborn care.
- Assistance with transportation to and from appointments.
- A supplemental breastfeeding program for services and support.

For more about NH Healthy Families' commitment to improving maternal and infant health, and addressing birth defects, visit NHHealthyFamilies.com.

###

About NH Healthy Families

NH Healthy Families™ is a health plan serving the needs of New Hampshire residents through the state Medicaid program, Ambetter™ marketplace exchange product, and Wellcare, our Medicare Advantage product. Our locally-based employees and fully-integrated Medical, Behavioral and Wellness programs provide innovative health solutions to every region of the state with the express purpose of transforming the health of the community one person at a time. NH Healthy Families is a wholly-owned subsidiary of Centene Corporation, a diversified, multi-national healthcare enterprise. Information is available at NHHealthyFamilies.com.