

# HEALTHY PLACES OPTIMIZATION

## Home

1. Talk with People You Live With About Optimizing the Space
2. Remove **Undesirable Foods** From
  - Cupboards
  - Pantry
  - Refrigerator
3. Out of Sight Out of Mind.
  - Put away foods (except fruits/vegetables) that are generally left out.
  - Where will you keep remaining Undesirable Foods?

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## Car

1. Does your car have the appropriate sized cup holders (Cup holder inserts can be readily found online)
2. For longer commutes/drives, do you have a cooler to bring? Icepacks? What are 3 go-to foods that you can always pack to take with you?
  - 1.
  - 2.
  - 3.
3. Are there any ways that you can upgrade your car environment to better support your efforts?

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## Work

1. What are the restrictions placed on you by your job requirements that can impact healthy eating, snacking, habits?
2. What are 2-3 things that you can do proactively in your work environment?
  - 1.
  - 2.
  - 3.
3. What are 2-3 things that you can do to immediately improve your food environment at work?
  - 1.
  - 2.
  - 3.