



GOOD FATS 101 BULLETIN BOARDS

Bulletin Boards are a fun and efficient way to educate your customers and your employees about health-related topics. However, sometimes you simply might not have time to brainstorm what information should be included on each board. This guide provides thought-starters as well as design layout suggestions to help bring your bulletin board to life. The toolkit also contains Q&A flip quiz cards and the Good Fats 101 logo for your use.

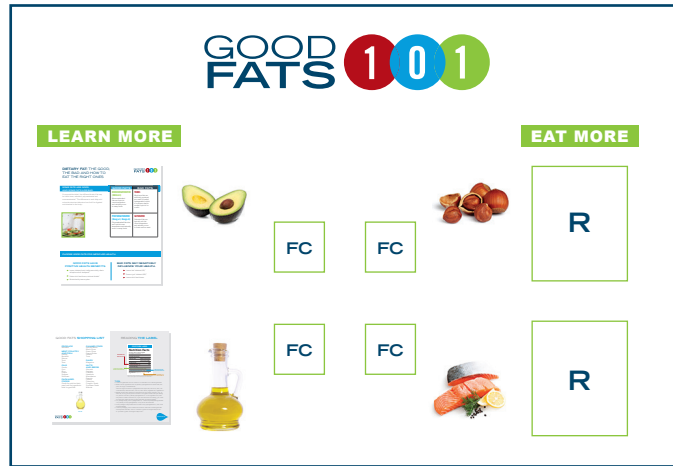
Our Good Fats 101 toolkit and GoodFats101.com website provide multiple resources that can be featured on your Good Fats Bulletin Board to promote nutrition education:

- ▶ Dietary Fats Fact Sheet – *PDF included*
- ▶ Good Fats Shopping List & Label Reading Guide – *Featured on GoodFats101.com*
- ▶ Good Fats Recipes – *Featured on GoodFats101.com*
- ▶ Flip Facts for people to test their good fats knowledge – *included*
- ▶ Visuals of sources of good fats such as avocados, canola oil, walnuts and salmon – *included*
- ▶ Good Fats 101 logo – *included, to be aligned horizontally*

Other Ideas:

- ▶ Create 'homemade holders' for the resources listed above by stapling a piece of construction paper to the board on the bottom and the two sides, leaving the top open to place handouts in. Staple a Fact Sheet/Recipe/Shopping List on the front of the holder for display.
- ▶ Use Arial font to create headers such as "Learn More" and "Eat More" for the educational materials.

DESIGN LAYOUT #1



DESIGN LAYOUT #2



▶ GOOD FATS RECIPES



▶ FLIP FACT CARDS



▶ DIETARY FACTS
FACT SHEET



▶ GOOD FATS SHOPPING
LIST & LABEL GUIDE