

Hacks for a Healthy Home

1

What Does a “Healthy Home” Mean to You?

When you picture a healthy home, what comes to mind?

My definition of a healthy home:

2

What Matters Most in Your Home?

Check the areas that matter most:

- | | |
|---|---|
| ☐ Having healthy foods readily available | ☐ Having healthier snacks around |
| ☐ Eating more fruits and vegetables | ☐ Planning meals more often |
| ☐ Getting enough protein | ☐ Cooking at home more often |
| ☐ Eating more whole grains and fiber | ☐ Making mealtimes more enjoyable |
| ☐ Drinking more water | ☐ Creating a healthier environment for my family |
| ☐ Eating fewer highly processed foods | ☐ Reducing food waste |
| ☐ Eating less added sugar | Something else: _____ |

3

Take a Look Around

Your environment can make healthy habits easier or harder.

What is already working well in your home when it comes to nutrition?

What tends to cause stress or get in the way of your nutrition goals?

What is one thing in your kitchen or routine that you could change to make healthy choices easier?



4

Create Your Healthy Home Hacks

Choose **1-2 small changes** that could make the biggest difference in your home.
Circle the one change you will start with first.

1. _____
2. _____

How will this make healthy choices easier?

Remember: You don't need a completely new routine. Start with one small change that makes your next healthy choice a little easier.

Set up Your Kitchen for Success - Organization Tips

FIFO stands for "First In, First Out" and it's a great way to manage your food at home. When you buy new groceries, move the older items to the front of your fridge or pantry and put the new items in the back. This way, you'll use the older items before they expire.

FRIDGE: Make Healthy Choices Easy to See

Top/eye-level shelves

- Ready-to-eat meals and leftovers
- Prepped fruits and vegetables
- Yogurt & cottage cheese
- Grab-and-go snacks

Middle shelves

- Eggs
- Cheese
- Deli meats
- Other frequently used foods



Lowest Shelf

- Raw meat or seafood for food safety

Drawers

- Fruits (usually low-humidity setting)
- Vegetables (usually high-humidity setting)
- Use separate drawers according to your fridge's design

Door

- Condiments and sauces
- Drinks
- Items that don't need the coldest part of the fridge

PANTRY: Create "Zones"

Breakfast zone

- Oats
- Nut/seed butters
- Bread

Meal-building zone

- Whole grains
- Pasta
- Rice
- Beans & lentils
- Canned meat & fish
- Sauces

Snack zone

- Nuts & seeds
- Dried fruit
- Protein powder
- Protein bar

Baking zone

- Flour
- Baking supplies
- Spices

Additional Resources

Meal Planning

- Mobile Apps:
 - [AnyList - Plan Your Meals](#)
 - [Meal Planner App](#)
- Recipe website & planning app: [Mealime](#)
- Website tool & app: [SuperCook](#) (search recipes using foods you have in stock)

Food Storage & Safety

- Website: [Food Storage Quick Tips PDF](#)
- Interactive Database: [Save the Food Interactive Guide](#)
- Website & Mobile app: [FoodKeeper App](#)
- Website: [Cold Food Storage Chart PDF](#) (fridge & freezer)

Reducing Toxic Burden

- Mobile App: EWG's Healthy Living App (database)
- Website: [Tap Water Database](#)
- Website: [refill.directory](#) (search by zip code)
- Website: [USDA Local Food Directories](#) (CSA, farmers markets, food hubs, on-farm markets)

Launch My Health On-demand Courses:

- Home Chef Pro: Practical Applications
- Fuel Anywhere **NEW!**

Note: If your employer offers this as part of your wellness benefits, you can access these courses for free on your Launch My Health landing page.



The 10-Minute Kitchen Reset

Try this 10-minute challenge!

Set a timer for 10 minutes and work your way through the checklist. **Aim to check off 5–7 boxes**, focusing on the tasks that will make healthy eating easier and your kitchen more functional.

The goal isn't to reorganize your entire kitchen. This quick reset can help reduce daily decision-making, save time, and prevent food waste.

When the timer ends, stop and celebrate what you accomplished! You can always tackle another area another day. Small changes add up. We suggest repeating this daily or every other day.

Minute 1–2: Clear the Clutter

- ☐ Toss spoiled or expired foods
- ☐ Remove empty packages or containers
- ☐ Wipe down one shelf, drawer, or countertop
- ☐ Put items back where they belong

Minute 3–5: Make Healthy Foods Easy to See

- ☐ Move fruits and vegetables where you'll see them first
- ☐ Put ready-to-eat foods at eye level
- ☐ Group similar foods together
- ☐ Place less frequently used foods toward the back
- ☐ Identify 2–3 staples you need to restock (if applicable)

MINUTES 6–8: Make Meal Prep Easier

- ☐ Wash or chop one fruit or vegetable
- ☐ Begin cooking a batch of a staple such as rice or quinoa
- ☐ Prep a protein for several meals
- ☐ Portion leftovers into ready-to-grab containers
- ☐ Measure out ingredients for tomorrow's dinner so they're ready to cook

MINUTES 9–10: Plan Your Next Meals

- ☐ Look at what you already have before making your grocery list. If possible, find one of each:
 - 1 Protein (chicken, eggs, beans, fish, tofu, yogurt) _____
 - 1 Produce (fresh, frozen, or canned) _____
 - 1 Grain/Starch (rice, potatoes, pasta, tortillas, whole grains, bread) _____
 - 1 Flavor (salsa, pesto, dressing, herbs, spices) _____
- ☐ Identify 2–3 meals you can make this week using ingredients you currently have
- ☐ Write down any missing ingredients on your grocery list
- ☐ Decide when you will grocery shop, prep, & cook

Meal Planning Template

Use this template to help you choose weekly focus foods that will be used to create your meals and snacks.

Change items in each category based on your preferences and health goals. For example, if you eat a lower carbohydrate and moderate fat diet, you can change the number of foods to include in those categories to fit well for you.

6 VEGETABLES	5 PROTEINS	4 STARCH/ WHOLE GRAIN	3 FRUITS	2 FATS	1 SEASONINGS
		Convenience items:	This Week's Recipes:		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast
lunch	lunch	lunch	lunch	lunch	lunch	lunch
dinner	dinner	dinner	dinner	dinner	dinner	dinner
snacks	snacks	snacks	snacks	snacks	snacks	snacks