



Re-engineer Your Food Environment



Willpower alone is not enough to help us change our eating behaviors in the long run. Renovating your environment is an effective way to help support healthier eating behaviours and reduce the frequency and strength of food cravings. Small changes around the home or office can make a big difference in making the healthier choice the easier choice!

Visualize your home (and anywhere else you frequently eat) or bring this checklist around with you. Place a tick next to each statement that is true for you.

Kitchen

The counters are well organized (no clutter)		A bowl of fruit is visible on the counter	
There is no television in the kitchen		No other food besides fruit is visible on the counter	

Refrigerator

Pre-cut fruit is on the center shelf		Pre-cut vegetables are on the center shelf	
Salad and vegetable leftovers are in transparent containers or plastic wrap		There is a jug of water (or other low sugar drink such as milk or brewed tea) in the fridge	
Cut fruit and vegetables are bagged or in clear containers		Snacks you would like to eat more of are on the front middle shelf	

Freezer

At least 2 types of frozen fruit are available		Foods that you would like to eat more of are stored front and centre (such as frozen fruits and vegetables)	
At least 2 types of frozen vegetables are available		Leftover vegetable dishes are in clear containers or plastic wrap	

Cupboards and Pantry

Foods that you would like to eat more of are in the front middle of the shelving in the pantry or cupboard		Snacks you are trying to eat less of are stored together in an inconvenient cupboard	

Dishware

Plates are 9 or 10 inches in diameter		Water glasses are 16 ounces or larger	
Cereal bowls are smaller than 16 ounces		Juice glasses are 8 ounces or less	

Dining Table

Meals are eaten at the kitchen or dining room table	Everyone has a glass of water
If there is a television, it is turned off at mealtime	There are no soft drinks at the table
Enjoy the company of others for meals when possible	Half your plate is filled with vegetables/salad
Food is served at the counter, not at the table	

TV Room/Office/Computer Room/Car*

A full glass of water or a water bottle is always within arm's reach	If you choose to snack, food is pre-portioned out and eaten from a bowl or plate, not from bags or original containers

**Distractions such as TVs and computers make mindful eating very difficult. For this reason, it is best to avoid eating while engaging in these and other distracting activities. If however you do choose to eat while watching TV or working at the computer, consider these strategies to help you avoid overdoing it.*

Feel Like You Didn't Check Enough Boxes?

Tips For Renovating Your Environment:

- Try focusing on areas that you ticked the least number of boxes in. Is there anything you could change in that area?
- Choose one thing from the list you could change this week and try it. See if it makes a difference!
- Can you think of anything else not listed that could be changed to help you eat in a healthier, more mindful way? If so, write it down in the blank spaces provided for each section.

My SMART Goal to re-engineer my food environment is:

Adapted from the Institute of Agriculture and Natural Resources at the University of Nebraska Lincoln
 Reference: Wansink, Brian, Ph.D., "Your Slim-for-Life Home," Slim by Design: Mindless Eating Solutions for Everyday Life, 2014, Haper-Collins Publishers, New York NY, Pgs 60-63

