



**healthy**  
by  
**design**



**The Good Neighbor Toolkit is designed to foster meaningful connections, and promote health in Yellowstone County through neighborhood gatherings and block parties.**

**By using the Good Neighbor Toolkit you are:**

- 1. Helping children at critical stages of development**
- 2. Boosting the physical and mental well-being of all residents**
- 3. Helping Yellowstone County be Healthy By Design**

**Living a healthy lifestyle doesn't have to be hard!**

**Consider hosting a block party using the Good Neighbor Toolkit, and see how easy it is to make the healthy choice the easy choice!**

### **Why does it matter?**

The Good Neighbor Toolkit targets social drivers of health like access to safe housing and neighborhoods, access to nutritious foods, and access to physical education opportunities.

Neighborhood block parties can promote safe neighborhoods, healthy eating, and physical activity. They can also connect children with caring adults, outside of their immediate family, who can serve as role models or mentors.

Having access to safe neighborhoods, opportunities for social connection and emotional growth, and a network of adult mentors outside the immediate family is shown to promote Positive Childhood Experiences. These Positive Childhood Experiences are shown to help mitigate Adverse Childhood Experiences on long-term health.

To learn more about the Good Neighbor Toolkits and other Healthy By Design initiatives, visit [www.hbdyc.org](http://www.hbdyc.org)

# What Comes in the Good Neighbor Toolkit?



## Want to throw a smaller event and don't need the whole party kit?

Learn about block party tips and tricks with the [Good Neighbor Toolkit!](#)



## Want to reserve a Good Neighbor Block Party Kit for your block party?

Check out the [Billings Public Library](#) and learn how to check out the free party kit!



## The Good Neighbor Toolkit includes:

- A step-by-step block party guide
- Why the Good Neighbor Toolkit matters
- Invitation templates
- Healthy By Design party tips
- Block party request form
- Tips on how to throw a successful block party

## The Good Neighbor Block Party Kit that can be checked out from **Billings Public Library** includes:

- Block party road signage
- Icebreaker games
- Cooler
- Name tags
- Pens
- Crayons
- Chalk

The Good Neighbor Toolkit is made possible by:



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