

RESOURCES SHARED OCTOBER 2009 AREA FNP MEETINGS



Family Nutrition Program K-State <http://www.humec.k-state.edu/fnp/>

New Displays: Seasoning with Herbs and Spices, Eagle Series Books, Simply Series, WIC Eat Healthy to be Healthy, Guiding Your Picky Eater, Choose More Health for Your Money

Good for You Newsletters: Breakfast Food is Good Anytime (Spring/Summer)
"Eat Healthy to Be Healthy" Tips (Fall/Winter)

The Healthy Kids Times

New set of newsletters on Grains from Evelyn Neier

New Book in a Bag Lessons: *Kittens's First Full Moon*, *Build a Burrito*, and *Eagle Book Series*

Eagle Series Books www.cdc.gov

Look under diseases and conditions...diabetes...then Eagle Books (no charge for 1 complete set: 4 books and dvd Book in a Bag lesson for each book

Spend Smart. Eat Smart. (Iowa State Extension) <http://www.extension.iastate.edu/foodsavings>

Information to help in 3 categories:

Planning to Shop <http://www.extension.iastate.edu/foodsavings/plan>

includes a calculator for figuring USDA's cost of food at home

Shopping the Store <http://www.extension.iastate.edu/foodsavings/shop>

includes 18 questions to test your shopping knowledge

Preparing Meals <http://www.extension.iastate.edu/foodsavings/prepare>

includes a game for busy families to test skills balancing time, money and nutrition

Newsletters <http://www.extension.iastate.edu/foodsavings/resources/newsletter?src=flash>

Food for Fitness and Fun - newsletters to your inbox each month <http://www.extension.iastate.edu/food/>

Family Fun in the Kitchen

Growing up Healthy and Active - English and Spanish

Check out Spend Smart. Eat Smart. On FaceBook, Twitter, WordPress and YouTube!

<http://www.extension.iastate.edu/foodsavings/resources/connect.htm>

Healthy Meals in a Hurry - 14 main dishes for now and later

Reference number PM 2035 Price \$2.50 plus shipping

Nutrition Matters, Inc. <http://stores.numatters.com>

These newsletters and tip sheets are reproducible, in part or whole, for use with your clients.

Healthy Families newsletters are posted on website six times a year. Sign up and receive an email notification when new issues are posted.

NuBites tip sheets are posted on website weekly. Sign up and receive an email notification when new tip sheets are posted.

Tour Poverty USA 2009

DVD \$5.00

Publication No. 5-730

To view/order: usccbpublishing.org Toll free 800-235-8722

USDA

Maximizing the Message: Helping Moms and Kids Make Healthier Food Choices <http://www.fns.usda.gov/>

16 audience tested nutrition messages that address important diet-related behaviors influencing the health of low-income mothers and children.

Nutrition Essentials Teaching-Tools for Healthy Choices—Nutrition Education Ideas for Secondary School Teachers

<http://teammnutrition.usda.gov/Resources/nutritionessentials.html>

Nutrition Essentials is a series of lessons will help you make healthful eating and physical activity choices. It provides several tools which give you information you need to make educated choices. Nutrition Essentials contains 5 posters, an interactive CD, with games and nutrition education information. Downloadable or can be ordered.

MyPyramid.gov

MyPyramid for Preschoolers www.mypyramid.gov/preschoolers/index.html aims at helping two to five year olds develop healthy eating habits, try new foods, and play actively every day.

MyFoodapedia <http://www.myfoodapedia.gov/> – quick access to food info

10 Tips Series http://www.mypyramid.gov/tips_resources/tentips.html – high-quality, easy-to-follow nutrition education tips

Be a Healthy Role Model for Children <http://www.mypyramid.gov/downloads/TenTips/RoleModelTipsheet.pdf>

10 tips for setting good examples

Vegetarians <http://www.mypyramid.gov/downloads/TenTips/VegetarianTipsheet.pdf>

10 tips for following a vegetarian diet

Salt and Sodium <http://www.mypyramid.gov/downloads/TenTips/SodiumTipsheet.pdf>

10 tips to cut back

SNAP-Ed http://snap.nal.usda.gov/nal_display/index.php?tax_level=1&info_center=15

Eat Right When Money's Tight

University of Florida <http://fyces.ifas.ufl.edu/pyramid/index.htm> (under youth)

MyPyramid word searches

U.S. Department of Health and Human Services

Best Bone Forever! <http://www.bestbonesforever.gov>

New interactive website for girls 9-18 years

For their parents: <http://www.bestbonesforever.gov/parents>

The Families, Food, and Fitness section of eXtension http://www.extension.org/families_food_fitness provides education and skills to help families make informed decisions about healthy eating and physical activity by providing them with evidence research based information and interactive learning opportunities.

International Food Information Council <http://www.ific.org/foodinsight>

“NEW” On-line monthly newsletter

Let's Cook with Fruits and Vegetables www.team4nutrition.com (English and Spanish on each page)

96 full color pages, soft cover, cost \$3.25 each with 30 book minimum order

805-376-9717

101 Grocery and Household and Cost Cutting Tips (University of Delaware)

http://ag.udel.edu/extension/fcs/pdf/money_management/101TIPSupdated.pdf

Fruits and Veggies More Matters http://fruitsandveggiesmorematters.org/?page_id=457

30 Ways in 30 Days to Stretch Your Food Budget and Menu a Day for menus under \$10

USDA <http://teammnutrition.usda.gov/Resources/2biteclub.html>

The Two Bite Club book (not recommended)

This educational storybook was developed to introduce *MyPyramid for Preschoolers* to young children. Parents or caregivers read the book to children and encourage them to try foods from each food group by eating just two bites, just like the characters in the story.



Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777