



Healthy Resources for Educators

USDA Food and Nutrition Services – Team Nutrition

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the child nutrition programs through training and technical assistance for food service, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

<http://www.fns.usda.gov/tn/team-nutrition>

Team Nutrition

Free materials and resources order form. Also includes resources to download.

<https://pueblo.gpo.gov/FNS/FNSPubs.php>

Academy of Nutrition and Dietetics

<http://www.eatright.org/resource/food/resources/national-nutrition-month/nm-handouts-and-tipsheets-for-families-and-communities>

Nourish Interactive

Nourish Interactive is your free one stop resource for fun nutrition games for kids, interactive nutrition tools and tips for parents and health educators to use to promote healthy living for the whole family.

<http://www.nourishinteractive.com/nutrition-education>

Alliance for a Healthier Generation

A children's health promotion resource, including videos, printables, and curricula, designed to encourage healthier environments and reduce the prevalence of childhood obesity.

<http://www.healthiergeneration.org>

USDA Choose My Plate

<http://www.choosemyplate.gov>

Kids Health in the Classroom

Free health-related lesson plans for educators, encompassing all grades and subject areas. Kids Health is also a great resource for parents, kids, and teens.

<http://www.classroom.kidshealth.org>

