

Resource List for Nutrition Education

This document contains resources and websites for nutrition education. Resources are listed by main category. Many websites contain information on multiple content areas. The inclusion of commercial websites or products is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE).

For additional resource lists related to nutrition, physical activity, and healthy school environments, visit the CSDE’s [Resources for Child Nutrition Programs](#) webpage.



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Cooking with Kids

Chop Chop Newsletter: Cooking is fun for all ages! (Celebrate Your Plate, Ohio SNAP-Ed):

<https://celebrateyourplate.org/for-kids/chop-chop-newsletter>

Cooking Matters (Share Our Strength): <http://cookingmatters.org/educational-tools>

Cooking with Kids (Cooking with Kids): <https://cookingwithkids.org/>

Cooking with Kids (Institute of Child Nutrition (ICN) Child Nutrition Sharing Site):

<https://theicn.org/cnss/cooking-with-kids/>

Cooking with Preschoolers (Kids Health, The Nemours Foundation):

<https://kidshealth.org/en/parents/cooking-preschool.html>

Kids a Cookin' (Kansas State University Research and Extension): <https://www.kidsacookin.org/>

Kids in the Kitchen (USDA Nutrition.gov):

<https://www.nutrition.gov/topics/audience/children/kids-kitchen>

Team Nutrition Cooks (USDA): <https://www.fns.usda.gov/tn/cooks>

Curriculum Development

Best Practices for Creating Nutrition Education Materials (USDA Choose My Plate):

<https://www.choosemyplate.gov/resources/toolkits/communicators-guide/best-practices-creating-nutrition-education-materials>

Characteristics of an Effective Health Education Curriculum (Centers for Disease Control and Prevention (CDC)): <https://www.cdc.gov/healthyschools/sher/characteristics/index.htm>

Children's Picture Book Database (Miami University): <https://dlp.lib.miamioh.edu/picturebook/>

Connecticut Early Learning and Development Standards (CT ELDS) A Guide to Early Childhood Program Development (CSDE): <https://www.ct.gov/oec/cwp/view.asp?a=4541&q=536726>

Connecticut Preschool Assessment Framework (CSDE):

https://www.ct.gov/oec/lib/oec/earlycare/elds/preschool_assessment_framework.pdf

Health Education Assessment Project (HEAP) (Society of Health and Physical Educators):

https://www.shapeamerica.org/ResourcesPublications/Heat_Assessment_Tool.aspx

Health Education Curriculum Analysis Tool (HECAT) (CDC):

<https://www.cdc.gov/healthyyouth/hecat/index.htm>

Healthy and Balanced Living Curriculum Framework (CSDE):

<https://portal.ct.gov/-/media/SDE/Phys-Ed/HealthyBalancedLiving.pdf>

National Health Education Standards (NHES) (CDC):

<https://www.cdc.gov/healthyschools/sher/standards/index.htm>

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Nutrition Education in Primary Schools: A Planning Guide for Curriculum Development (The United Nations Food and Agriculture Organization (FAO)):

<http://www.fao.org/3/a0333e/a0333e00.htm>

Nutrition Education Resource Guide (California Department of Education):

<https://www.cde.ca.gov/ls/nu/he/nerg.asp>

Evaluating Nutrition Education Resources and Information

Assessment and Evaluation Resources: Helpful resources when working with food insecure populations (Academy of Nutrition and Dietetics): <https://eatrightfoundation.org/wp-content/uploads/2016/10/AssessmentandEvaluationsResources.pdf>

Criteria for the Development and Evaluation of Computer-based Nutrition Education for WIC Participants (USDA): <https://wicworks.fns.usda.gov/resources/wic-nutrition-education-guidance>

Developing & Assessing Nutrition Education Handouts (DANEH) Checklist (Academy of Nutrition and Dietetics): <http://hungerandhealth.feedingamerica.org/wp-content/uploads/2013/12/Nutrition-Education-Handout-Checklist-rev-10-17-13.pdf>

Evaluating Health Information (MedlinePlus, U.S. National Library of Medicine):

<https://medlineplus.gov/evaluatinghealthinformation.html>

Evaluating Health Websites (National Institutes of Health, National Network of libraries of Medicine): <https://nnlm.gov/initiatives/topics/health-websites>

Evaluating Nutrition Education Materials (Iowa Department of Public Health):

https://idph.iowa.gov/Portals/1/Files/WICPortal/Policies_Services_10_38050_Evaluating_Nutrition_Education_Materials.pdf

Guide to Evaluating Audiovisual Nutrition Education Programs (Iowa Department of Public Health):

https://idph.iowa.gov/Portals/1/Files/WICPortal/Policies_Services_08_38050b_Guide_to_Evaluating_Audiovisual_Nutrition_Education_Programs.pdf

Guide to Evaluating Written Nutrition Education Materials (Iowa Department of Public Health):

https://idph.iowa.gov/Portals/1/Files/WICPortal/Policies_Services_09_38050a_Guide_to_Evaluating_Written_Nutrition_Education_Materials.pdf

How To Evaluate Health Information on the Internet: Questions and Answers (National Institutes of Health, Office of Dietary Supplements):

https://ods.od.nih.gov/Health_Information/How_To_Evaluate_Health_Information_on_the_Internet_Questions_and_Answers.aspx

Nutrition Education: Principles of Sound Impact Evaluation (USDA):

<https://www.fns.usda.gov/nutrition-education-principles-sound-impact-evaluation>

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Tools for Evaluating Written and Audiovisual Nutrition Education Materials (Journal of Extension):
<https://joe.org/joe/2000august/tt3.php>

Training: Food for Thought: Exploring Nutrition Information Resources (National Institutes of Health, National Network of Libraries of Medicine): <https://nnlm.gov/classes/nutrition>

Farm to School

Common Ground School Garden Resource Center (Common Ground High School, Urban Farm and Environmental Education Center):

<http://commongroundct.org/community-programs/school-garden-resource-center/>

Community Food Systems (USDA): <https://www.fns.usda.gov/cfs>

Connecticut Farm to School Collaborative: <https://www.ctfarmtoschool.org/>

Connecticut Farm-to-School Program (Connecticut Department of Agriculture):

<https://portal.ct.gov/DOAG/Farm-To-School/Farm-to-School/Welcome-to-the-Connecticut-Farm-to-School-Program>

Eat Smart—Farm Fresh! A Guide to Buying and Serving Locally-Grown Produce in School Meals (USDA): <https://www.fns.usda.gov/eat-smart-farm-fresh>

Farm to Early Care and Education (National Farm to School Network):

<http://www.farmtoschool.org/our-work/early-care-and-education>

Farm to Early Care and Education (SNAP-Ed Toolkit):

<https://snapedtoolkit.org/interventions/programs/farm-to-early-care-and-education/>

Farm to Early Care and Education Webinar Series (Michigan State University):

<https://www.canr.msu.edu/resources/farm-to-ece-webinar-series>

Farm to Early Childhood Programs: A Step-by-Step Guide (Michigan State University):

https://www.canr.msu.edu/resources/farm_to_early_childhood_guide

Farm to Preschool: Local Food and Learning in Early Child Care and Education Settings (USDA):

<https://www.fns.usda.gov/cfs/farm-to-preschool>

Farm to School (CSDE): <https://portal.ct.gov/SDE/Nutrition/Farm-to-School>

Farm to School Resources (USDA): <https://www.fns.usda.gov/cfs/farm-school-resources-1>

Farmers Markets (USDA Nutrition.gov):

<https://www.nutrition.gov/topics/shopping-cooking-and-food-safety/farmers-markets>

Food Safety Tips for School Gardens (ICN): <https://theicn.org/resources/652/produce-safety-best-practices-fact-sheets/107980/food-safety-tips-for-school-gardens.pdf>

Garden-based Learning (Cornell University Cooperative Extension):

<http://gardening.cals.cornell.edu/program-tools/planning-organizing/sustaining-the-garden/>

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Gardens for Learning: Creating and Sustaining Your School Garden Guidebook (California School Garden Network): http://www.csgn.org/sites/csgn.org/files/CSGN_book.pdf

Going Local: Paths to Success for Farm to School Programs (National Farm to School Program, Center for Food & Justice, Occidental College and the Community Food Security Coalition): http://www.farmtoschool.org/Resources/Going_Local_Paths_to_Success.pdf

Kids Gardening: <https://kidsgardening.org/>

Massachusetts Farm to School: <https://www.massfarmtoschool.org/>

Nancy's Garden: Grow Minds, Grow Healthy Bodies, Grow Gardens! Teacher's Guide (State of Montana): https://agr.mt.gov/Portals/168/Documents/AginClass/K-8%20Projects%20-%20Grow%20and%20Know%20with%20Montana%20Agriculture/NancysGardenTeachers_Guide.pdf

National Agricultural Literacy Curriculum Matrix (National Agricultural in the Classroom): <https://www.agclassroom.org/teacher/matrix/>

National Farm to School Network: <http://www.farmtoschool.org/index.htm>

Produce Safety (USDA): <https://www.fns.usda.gov/ofs/produce-safety>

Put Local on Your Tray (UCONN): <https://putlocalonyourtray.uconn.edu/>

Resources (Vermont Farm to School Network): <https://vermontfarmtoschool.org/resources>

Rethinking School Lunch Guide (Center for Ecoliteracy): <https://www.ecoliteracy.org/download/rethinking-school-lunch-guide>

School Gardens: Using Gardens to Grow Healthy Habits in Cafeterias, Classrooms, and Communities (USDA): <https://www.fns.usda.gov/cfs/school-gardens>

Team Nutrition Garden Resources (USDA): <https://www.fns.usda.gov/tn/team-nutrition-garden-resources>

Vermont FEED (National Farm to School Network Vermont): <https://vtfeed.org/>

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Games and Activities

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Amazing Food Detective (Kaiser Permanente):

https://healthy.kaiserpermanente.org/static/health/en-us/landing_pages/afd/index.htm

Blast Off Game (USDA): <https://www.fns.usda.gov/tn/blast-game>

Center for Digital Games Research (University of California Santa Barbara):

<https://www.cdgr.ucsb.edu/>

Choose MyPlate Activity Sheets (USDA): <https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kids/kids-activity-sheets>

Choose MyPlate Games (USDA):

<https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kids/games>

Choose MyPlate Videos and Songs (USDA): <https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kids/videos-songs>

Digital Nutrition Resources for Kids (USDA):

<https://www.fns.usda.gov/tn/digital-nutrition-resources-kids>

Food and Nutrition Apps and Blogs (USDA Nutrition.gov):

<https://www.nutrition.gov/topics/basic-nutrition/online-tools/food-and-nutrition-apps-and-blogs>

Fun Healthy Activities for Kids (SuperKids Nutrition):

<https://www.superkidsnutrition.com/kidsactivities/>

Games (USDA Choose MyPlate):

<https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kids/games>

Kids Games and Activities (Dairy Council of California):

<https://www.healthyeating.org/Healthy-Kids/Kids-Games-Activities>

Kids Health (The Nemours Foundation): <https://kidshealth.org/en/kids/>

Kids' Corner: Interactive websites and games (USDA Nutrition.gov):

<https://www.nutrition.gov/topics/audience/children/kids-corner>

MyPlate Kids' Place:

<https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kids>

MyPlate Match Game (Dairy Council of California):

<https://www.healthyeating.org/Healthy-Kids/Kids-Games-Activities/My-Plate-Match-Game>

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National Nutrition Month Games (Academy of Nutrition and Dietetics):

<https://www.eatright.org/food/resources/national-nutrition-month/national-nutrition-month-games>

Puzzlemaker: <http://puzzlemaker.discoveryeducation.com/>

Quiz: Do You Really Know How Much You Eat? (University of Nebraska-Lincoln):

<https://food.unl.edu/do-you-really-know-how-much-you-eat>

The Interactive Playground (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nal.usda.gov/fnic/interactive-playground>

Health Literacy

A Lexicon of Learning: definitions of educational terms (Association for Supervision and Curriculum Development): <http://www.ascd.org/Publications/Lexicon-of-Learning.aspx>

Achieving Health Equity (Robert Wood Johnson Foundation):

<https://www.rwjf.org/en/library/features/achieving-health-equity.html>

Health Literacy (National Institutes of Health): <https://www.nih.gov/institutes-nih/nih-office-director/office-communications-public-liaison/clear-communication/health-literacy>

Health Literacy (National Institutes of Health, National Network of Libraries of Medicine):

<https://nnlm.gov/initiatives/topics/health-literacy>

Health Literacy (U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion): <https://health.gov/our-work/health-literacy>

Health Literacy Basics (CDC): <https://www.cdc.gov/healthliteracy/basics.html>

Health Literacy Distance Education Modules (Ohio State University):

<https://healthliteracy.osu.edu/>

Health Literacy Online: A Guide for Simplifying the User Experience (U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion):

<https://health.gov/healthliteracyonline/>

Health Literacy Training Resources (CDC): <https://www.cdc.gov/healthliteracy/gettraining.html>

Literacy Information and Communication System: <https://lincs.ed.gov/>

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Healthy Eating Calculators

Adult Energy Needs and BMI Calculator (Baylor College of Medicine):

<https://www.bcm.edu/cnrc-apps/caloriesneed.cfm>

Body Weight Planner (National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases): <https://www.niddk.nih.gov/health-information/weight-management/body-weight-planner>

Calculators and Counters (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nal.usda.gov/fnic/calculators-and-counters>

Cereal Facts (Food Advertising to Children and Teens Score) (UCONN Rudd Center for Food Policy & Obesity): <http://www.cerealfacts.org/>

Children's Energy Needs Calculator (Children's Nutrition Research Center at Baylor College of Medicine): https://www.bcm.edu/cnrc-apps/bodycomp/energy/energyneeds_calculator.htm

Dietary Reference Intake (DRI) Calculator for Healthcare Professionals (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nal.usda.gov/fnic/dri-calculator/>

FoodData Central: Searchable nutrition data for foods (USDA Agricultural Research Service): <https://fdc.nal.usda.gov/>

Get Moving Calculator (Calorie Control Council): <https://caloriecontrol.org/healthy-weight-tool-kit/get-moving-calculator/>

Healthy Eating Calculator (Children's Nutrition Research Center, Baylor College of Medicine.): <https://www.bcm.edu/cnrc-apps/healthyeatingcalculator/eatingCal.cfm>

Healthy Living Widgets (CDC): <https://www.cdc.gov/widgets/healthyliving/index.html>

MyPlate Plan (USDA): <https://www.choosemyplate.gov/resources/MyPlatePlan>

Nutrition Analysis Tool (University of Illinois): <http://www.pdesas.org/module/content/resources/5367/view.ashx>

Online Tools (USDA nutrition.gov): <https://www.nutrition.gov/topics/basic-nutrition/online-tools>

Smart Snacks Product Calculator: Determining if a product meets the USDA's Smart Snacks in School nutrition standards (Alliance for a Healthier Generation): <https://foodplanner.healthiergeneration.org/calculator/>

Spend Smart, Eat Smart: What You Spend Grocery Budget Calculator (Iowa State University): <https://spendsmart.extension.iastate.edu/plan/what-you-spend/>

For information on nutrient analysis tools, see "Nutrient Analysis" in the CSDE's document, *Resource List for Menu Planning and Food Production in Child Nutrition Programs*.

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Interdisciplinary Curricula

Connecticut Ag in the Classroom (Connecticut Agricultural Education Foundation):

<http://ctaef.org/ag-in-the-classroom/>

FoodMASTER Food, Math and Science Teaching Enhancement Resources (Science Education Partnership Award): <https://www.foodmaster.org/>

Fueling My Healthy Life: Grade 6 (meets educational standards for English and Health) (USDA Team Nutrition): <https://www.fns.usda.gov/tn/fueling-my-healthy-life>

National Agriculture in the Classroom (USDA): <https://www.agclassroom.org/>

Serving Up MyPlate: A Yummy Curriculum (USDA):

<https://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>

Nutrition Education for Preschoolers

A Dozen Ways to Be Healthy: Preschool Lesson Plans (Florida Health):

<http://www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/preschool-lesson-plans.html>

Be Wise About Your Portion Size: Ages 3-4½ (Florida Interagency Food and Nutrition Committee):

http://www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/_documents/lesson-plans/lesson11.pdf

Captain 5 A Day Nutrition Education Program (Connecticut Department of Public Health):

<https://portal.ct.gov/DPH/Health-Education-Management--Surveillance/Nutrition/Captain-5-A-Day>

EatPlayGrow: Creative Activities for a Healthy Start (ages 3-5) (We Can! National Institutes of Health, National Heart, Lung and Blood Institute):

<https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/curricula-toolkits.htm#epg>

Grow It, Try It, Like It! Fun with Fruits and Vegetables at Family Child Care (USDA):

<https://www.fns.usda.gov/tn/grow-it-homes>

Grow It, Try It, Like It! Nutrition Education Kit Featuring MyPlate (USDA):

<https://www.fns.usda.gov/tn/grow-it>

More than Mud Pies (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/more-than-mud-pies/>

Nutrition Education for Preschoolers (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nal.usda.gov/fnic/nutrition-education-preschoolers>

Nutrition Education Resources for Preschool (ICN Child Nutrition Sharing Site):

<https://theicn.org/cnss/nutrition-education-resources-for-preschool/>

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Nutrition for Preschoolers (USDA Choose MyPlate): <https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/health-and-nutrition-information>

Physical Activities and Healthy Snacks for Young Children (Iowa Department of Education):
https://healthymeals.fns.usda.gov/hsmrs/Iowa/nutritionbag/activities_snacks_cards.pdf

The Two-Bite Club (USDA): <https://www.fns.usda.gov/tn/two-bite-club>

Nutrition Education for Elementary Students

Choose Health: Food, Fun, and Fitness (CHFFF): Hands-On, Interactive Healthy Eating and Active Living Lessons for Grades 3-6 (Cornell University Division of Nutritional Sciences):
<https://fnec.cornell.edu/for-partners/curricula/chfff/>

Dig In! Standards-Based Nutrition Education from the Ground Up: Grades 5-6 (USDA):
<https://www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground>

Discover MyPlate: Nutrition Education for Kindergarten (USDA):
<https://www.fns.usda.gov/tn/discover-myplate-nutrition-education-kindergarten>

EatPlayGrow: Creative Activities for a Healthy Start (ages 3-5) (We Can! National Institutes of Health, National Heart, Lung and Blood Institute):
<https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/curricula-toolkits.htm#epg>

Education Resources for Children (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nal.usda.gov/fnic/education-resources>

Food and Nutrition Fun for Elementary-Age Children (USDA National Agricultural Library, Food and Nutrition, Information Center):
https://www.nal.usda.gov/sites/default/files/fnic_uploads/fun_elementary.pdf

Grades 3 to 5: Personal Health Series (Kids Health in the Classroom, The Nemours Foundation):
<https://kidshealth.org/classroom/index.jsp?Grade=35&Section=personal>

Lessons for Elementary School (John C. Stalker Institute of Food and Nutrition):
<http://johnstalkerinstitute.org/blog/jsi-resource-center/lessons-for-elementary-middle-and-high-schools/#elementary>

MyPlate Kids' Place Resources for Parents and Educators (USDA):
<https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kids/kids-parents-educators>

Nutrition Education Resources for Elementary School (ICN Child Nutrition Sharing Site):
<https://theicn.org/cnss/nutrition-education-resources-for-elementary-school/>

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The Great Garden Detective Adventure: A Standards-Based Gardening Nutrition Curriculum for Grades 3 and 4 (USDA Team Nutrition): <https://www.fns.usda.gov/tn/great-garden-detective-adventure-standards-based-gardening-nutrition-curriculum-grades-3-and-4>

Nutrition Education for Middle and High Students

Eat Move Win: Free, Online Nutrition Lesson Plan for High School (Dairy Council of California): <https://www.healthyeating.org/Schools/Classroom-Programs/High-School>

Empowering Youth with Nutrition & Physical Activity (USDA): <https://healthymeals.fns.usda.gov/hsmrs/EY/resources.html>

High School Lesson Plans (PA SNAP-Ed/Eat Right Philly, Drexel University): http://deptapp08.drexel.edu/nutritioneducation/hs_lesson_plans.html

Lessons for High School (John C. Stalker Institute of Food and Nutrition): <http://johnstalkerinstitute.org/blog/jsi-resource-center/lessons-for-elementary-middle-and-high-schools/#high>

Lessons for Middle School (John C. Stalker Institute of Food and Nutrition): <http://johnstalkerinstitute.org/blog/jsi-resource-center/lessons-for-elementary-middle-and-high-schools/#middle>

Nutrition Education Resources for Middle and High School (ICN Child Nutrition Sharing Site): <https://theicn.org/cnss/nutrition-education-resources-for-middle-and-high-school/>

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Nutrition Education for Multiple Ages

Bulletin Board Ideas (USDA WIC Works Resource System):

[https://wicworks.fns.usda.gov/explore-resources?f\[0\]=topic:529](https://wicworks.fns.usda.gov/explore-resources?f[0]=topic:529)

Core Nutrition Messages (USDA):

<https://www.fns.usda.gov/core-nutrition/core-nutrition-messages>

Curricula and Lesson Plans (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nal.usda.gov/fnic/curricula-and-lesson-plans>

Eat Smart Live Strong: Nutrition Education for Older Adults (USDA SNAP-Ed Connection):

<https://snaped.fns.usda.gov/nutrition-education/fns-curricula/eat-smart-live-strong>

Education Resources (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nal.usda.gov/fnic/education-resources>

Family Resources (USDA National Agricultural Library, Food and Nutrition, Information Center):

<https://www.nal.usda.gov/fnic/family-resources>

For Parents, Caregivers, and Teachers (USDA Nutrition.gov):

<https://www.nutrition.gov/topics/audience/teens/parents-caregivers-and-teachers>

Free Health Education Materials (The Children's Health Fund):

<https://www.childrenshealthfund.org/health-education-materials/>

GO, SLOW, and WHOA Foods (We Can! National Institutes of Health, National Heart, Lung and Blood Institute): <https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/choosing-foods.htm>

KidsHealth in the Classroom (The Nemours Foundation): <https://kidshealth.org/classroom/>

MyPlate (USDA): <https://www.choosemyplate.gov/>

MyPlate for My Family: SNAP Nutrition Education Toolkit (USDA):

<https://www.choosemyplate.gov/snap-nutrition-education-toolkit-myplate-my-family>

New England Dairy: <https://www.newenglanddairy.com/>

Nutrition Education (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nal.usda.gov/fnic/nutrition-education>

Nutrition Education in U.S. Schools (CDC Healthy Schools):

https://www.cdc.gov/healthyschools/nutrition/school_nutrition_education.htm

Nutrition Education Materials (USDA Team Nutrition):

<https://www.fns.usda.gov/tn/nutrition-education-materials>

Nutrition Resources (U.S. Department of Health & Human Services):

<https://www.hhs.gov/fitness/resource-center/nutrition-resources/index.html>

Oregon Dairy and Nutrition Council: <https://odncouncil.org/resources/>

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Other Lessons/Multiple School Levels (John C. Stalker Institute of Food and Nutrition):
<http://johnstalkerinstitute.org/blog/jsi-resource-center/lessons-for-elementary-middle-and-high-schools/#other-lessons-multiple-school-levels>

Provide Nutrition Education (USDA):
<https://www.fns.usda.gov/partnerships/provide-nutrition-education>

Right-size Your Portions (School-Age Children & Youth: Trends, Effects, Solutions, North Carolina Public Health, Public Schools of North Carolina, North Carolina Cooperative Extension Committee): <https://childnutrition.ncpublicschools.gov/information-resources/nutrition-education/local-wellness-policy/right-size.pdf>

SNAP-Ed Library (USDA): <https://snaped.fns.usda.gov/library>

Sources of Free or Low-Cost Materials (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nal.usda.gov/fnic/sources-free-or-low-cost-materials>

Team Nutrition (USDA): <https://www.fns.usda.gov/tn>

We Can! Curricula and Toolkits (National Institutes of Health, National Heart, Lung and Blood Institute): <https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/curricula-toolkits.htm>

Nutrition Handouts

Eat Right Nutrition Tips and Handouts (American Academy of Nutrition and Dietetics):
<https://www.eatrightpro.org/practice/career-development/marketing-center/eat-right-nutrition-tips-and-handouts>

Eat Smart to Play Hard (USDA):
<https://fns-prod.azureedge.net/sites/default/files/eatsmartminiposter.pdf>

Food and Nutrition Handouts (Iowa State University Extension and Outreach):
<https://store.extension.iastate.edu/Topic/Food-Nutrition-and-Health>

Infographics (CDC):
<https://www.cdc.gov/nccdphp/dnpao/multimedia/infographics/index.html>

MyPlate Guide to School Breakfast: English and Spanish (USDA Team Nutrition):
<https://www.fns.usda.gov/tn/myplate-guide-school-breakfast>

MyPlate Guide to School Lunch: English and Spanish (USDA Team Nutrition):
<https://www.fns.usda.gov/tn/myplate-guide-school-lunch>

MyPlate Tip Sheets (USDA): <https://www.choosemyplate.gov/resources/myplate-10-tips>

Nibbles for Health: Nutrition Newsletters for Parents of Young Children (USDA):
<https://www.fns.usda.gov/tn/nibbles>

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Nutrition Tip Sheets (Dairy Council of California):

<https://www.healthyeating.org/Health-Wellness-Providers/Tip-Sheets>

Nutrition Tools and Resources (National Institutes of Health, National Heart, Lung and Blood Institute): <https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/nutrition.htm>

Printable Materials and Handouts (USDA Nutrition.gov): <https://www.nutrition.gov/topics/basic-nutrition/printable-materials-and-handouts>

Sports Nutrition Fact Sheets (Collegiate and Professional Sports Dietitians Association):

<http://www.sportsrd.org/educational-resources-2/educational-resources/>

Team Nutrition Posters (USDA):

<https://www.fns.usda.gov/tn/posters>

We Can! Parent Tip Sheets (National Institutes of Health, National Heart, Lung and Blood Institute): <https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/parent-tip-sheets.htm>

Nutrition Presentations

Free Food, Nutrition, Fitness, and Food Safety Educational PowerPoints and Handouts (University of Nebraska–Lincoln) <https://food.unl.edu/free-food-nutrition-fitness-and-food-safety-educational-powerpoints-and-handouts>

Hitting for Home Plate PowerPoint: Naturally nutrient-rich food (University of Nebraska Cooperative Extension): <https://food.unl.edu/hitting-home-plate>

How Should You Spend Your Calorie Salary? PowerPoint (University of Nebraska Cooperative Extension): <https://food.unl.edu/free-how-should-you-spend-your-calorie-salary-powerpoint>

Portion Distortion Interactive Quizzes Slide Sets (National Institutes of Health, National Heart, Lung and Blood Institute): <https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm>

Prevent Portion Distortion PowerPoint (University of Nebraska Cooperative Extension): <https://food.unl.edu/free-prevent-portion-distortion-powerpoint>

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Nutrition Promotions

40 Ideas to get Involved in National Nutrition Month (Academy of Nutrition and Dietetics):

<https://www.eatright.org/food/resources/national-nutrition-month/ideas-to-get-involved-in-nnm>

Food and Health Calendar (Food and Health Communications):

<http://foodandhealth.com/calendar/>

Food Calendar (University of Nebraska-Lincoln Cooperative Extension):

<https://food.unl.edu/food-calendar>

National Health Observances (U.S. Department of Health and Human Services):

<https://health.gov/news/category/national-health-observances>

National Nutrition Month (Academy of Nutrition and Dietetics):

<https://www.eatright.org/food/resources/national-nutrition-month>

Nutrition and Physical Activity Monthly Theme Toolkits for Schools (Shasta County Public Health Department): <https://www.co.shasta.ca.us/index/hhsa/professionals/education-professionals/toolkits-for-schools>

Nutrition Promotion (Action for Healthy Kids):

<https://www.actionforhealthykids.org/activity/nutrition-promotion/>

Team Nutrition Popular Events Idea Booklet (USDA):

<https://www.fns.usda.gov/tn/popular-events-idea-booklet>

Nutrition Resources in Other Languages

Choose MyPlate in Other Languages (USDA Choose MyPlate):

<https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/multiple-languages/other-languages>

En Español MiPlato (USDA Choose MyPlate): <https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/multiple-languages/multilanguage-spanish>

Food and Nutrition Handouts in Multiple Languages (Academy of Nutrition and Dietetics):

<https://www.eatrightpro.org/about-us/what-is-an-rdn-and-dtr/work-with-an-rdn-or-dtr/food-and-nutrition-handouts-in-multiple-languages>

Health Reach Health Information in Many Languages: Nutrition Resources (National Institutes of Health, U.S. National Library of Medicine):

<https://healthreach.nlm.nih.gov/document/641/Nutrition-Resources>

Healthy Eating Plate Translations (Harvard School of Public Health):

<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/translations/>

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Healthy for Good: Spanish Infographics (Infografías) (American Heart Association):

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/healthy-living-spanish-infographics>

Non-English Language Food and Nutrition Materials (USDA National Agricultural Library, Food and Nutrition, Information Center): <https://www.nal.usda.gov/fnic/non-english-language-materials>

Nutrition Information in Multiple Languages (Medline Plus, National Institutes of Health, U.S. National Library of Medicine): <https://medlineplus.gov/languages/nutrition.html>

Nutrition Tip Sheets: English and Spanish (Dairy Council of California):

<https://www.healthyeating.org/Health-Wellness-Providers/Tip-Sheets>

Spanish Language Nutrition Education Materials (USDA SNAP-Ed Connection):

<https://snaped.fns.usda.gov/nutrition-education/spanish-language-materials>

Spanish Materials available from Team Nutrition (USDA): <https://www.fns.usda.gov/tn/espanol>

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Training for Teachers and Staff

Discover MyPlate: Curriculum Training for Teachers (USDA):

<https://www.fns.usda.gov/tn/discover-myplate-nutrition-education-kindergarten#anchor2>

Eat Smart Web-based Nutrition Curriculum (Louisiana State University Ag Center):

https://www.lsuagcenter.com/topics/food_health/education_resources/eatsmart

Find a Training (USDA Professional Standards):

<https://professionalstandards.fns.usda.gov/trainings>

Food for Thought: Exploring Nutrition Information Resources (National Institutes of Health, National Network of Libraries of Medicine): <https://nnlm.gov/classes/nutrition>

Health Educator's Nutrition Toolkit: Setting the Table for Healthy Eating (Food and Drug Administration): <https://www.fda.gov/food/nutrition-education-resources-materials/health-educators-nutrition-toolkit-setting-table-healthy-eating>

Healthy Teachers Program (Institute of Child Nutrition):

<https://theicn.docebosaas.com/learn/course/external/view/elearning/94/HealthyTeachersProgram>

Institute of Child Nutrition eLearning Portal:

<https://theicn.org/ibites-news/ibites2018-01/elearning-portal/>

Nutrition 101: A Taste of Food and Fitness (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/nutrition-101/>

Teacher Training Program (Dairy Council of California):

<https://www.healthyeating.org/Schools/Teacher-Training/Referer/dairycouncilofca>

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For more information, visit the CSDE's [Nutrition Education](#) webpage or contact the [Nutrition Education Coordinator](#) in the Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesNutritionEducation.pdf>.

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