

# 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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# Resource List for Nutrition Education

## Connecting Cafeteria to Classroom

Cafeteria Connections (University of Maryland Extension):

<https://mdteachertoolkit.org/healthy-schools-in-action/cafeteria-connections/>

Connect: The Cafeteria to The Classroom (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/connect-the-cafeteria-to-the-classroom/>

Connecting Classrooms, Cafeterias, Communities: A Guide to Building Integrated Farm to School Programs (Vermont FEED):

<https://vtfeed.org/resources/connecting-classrooms-cafeterias-communities-guide-building-integrated-farm-school>

Creating Collaborative Nutrition Education: Partnering with Educators and Nutrition Services (Alliance for a Healthier Generation):

<https://api.healthiergeneration.org/resource/1979>

Utilizing the Cafeteria as a Classroom (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/utilizing-the-cafeteria-as-a-classroom/>

## Cooking with Kids

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

<https://celebrateyourplate.org/activities/chopchop-newsletter>

Cooking Matters (Share Our Strength):

<https://cookingmatters.org/>

Cooking with Kids (Cooking with Kids):

<https://cookingwithkids.org/>

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

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

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

Characteristics of an Effective Health Education Curriculum (Centers for Disease Control and Prevention):

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

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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.ctoec.org/supporting-child-development/ct-elds/>

Health Education Assessment Tool (HEAT) (Society of Health and Physical Educators):

[https://www.shapeamerica.org/ResourcesPublications/Heat\\_Assessment\\_Tool.aspx](https://www.shapeamerica.org/ResourcesPublications/Heat_Assessment_Tool.aspx)

Health Education Curriculum Analysis Tool (HECAT) (Centers for Disease Control and Prevention):

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

Healthy and Balanced Living Curriculum Framework: Health Education and Physical Education (CSDE):

[https://portal.ct.gov/-/media/SDE/Health-Education/Publications/Healthy\\_and\\_Balanced\\_Living\\_Curriculum\\_Framework\\_May\\_2022.pdf](https://portal.ct.gov/-/media/SDE/Health-Education/Publications/Healthy_and_Balanced_Living_Curriculum_Framework_May_2022.pdf)

Healthy Eating Learning Opportunities and Nutrition Education (Centers for Disease Control and Prevention):

[https://www.cdc.gov/healthyschools/nutrition/school\\_nutrition\\_education.htm](https://www.cdc.gov/healthyschools/nutrition/school_nutrition_education.htm)

Nutrition Education Resource Guide (California Department of Education):

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

Standards for Health Education (Centers for Disease Control and Prevention):

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

Standards, Curriculum, and Assessment (Connecticut Office of Early Childhood):

<https://www.ctoec.org/standards-curriculum-and-assessment-2/>

### Evaluating Nutrition Education Resources and Information

Developing & Assessing Nutrition Education Handouts (Academy of Nutrition and Dietetics):

<https://www.eatrightfoundation.org/foundation/resources/daneh>

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>

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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](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>

WIC Nutrition Education Guidance (USDA):

<https://wicworks.fns.usda.gov/resources/wic-nutrition-education-guidance>

### Farm to School

Connecticut Farm to School Collaborative:

<https://www.ctfarmentoschool.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://portal.ct.gov/-/media/SDE/Nutrition/FFVP/EatSmartFarmFresh.pdf>

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

<https://www.farmentoschool.org/our-work/early-care-and-education>

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

<https://sed.fns.agcloud.usda.gov/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](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>

Farm to School Resources (Vermont Farm to School & Early Childhood Network):

<https://vermontfarmtoschool.org/resources>

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Farmers Markets (USDA Nutrition.gov):

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

Food Safety Tips for School Gardens (Institute of Child Nutrition):

<https://theicn.org/documentlibraryfiles/PDF/20110822025700.pdf>

Garden-based Learning (Cornell University Cooperative Extension):

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

Gardens for Learning: Creating and Sustaining Your School Garden Guidebook (California School Garden Network):

[https://cdn.agclassroom.org/ca/resources/gardens/gardens\\_learning.pdf](https://cdn.agclassroom.org/ca/resources/gardens/gardens_learning.pdf)

Growing Your Farm to School Program (USDA):

<https://www.fns.usda.gov/f2s/growing-your-farm-school-program>

Kids Gardening:

<https://kidsgardening.org/>

Massachusetts Farm to School:

<https://www.massfarmtoschool.org/>

National Agricultural Literacy Curriculum Matrix (National Agricultural in the Classroom):

<https://agclassroom.org/matrix/>

National Farm to School Network:

<https://www.farmtoschool.org/>

Produce Safety (USDA):

<https://www.fns.usda.gov/fs/produce-safety>

Put Local on Your Tray (UConn):

<https://putlocalonyourtray.uconn.edu/>

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>

Schoolyards Program (Common Ground High School, Urban Farm and Environmental Education Center):

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

Team Nutrition Garden Resources (USDA):

<https://www.fns.usda.gov/tn/team-nutrition-garden-resources>

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The Patrick Leahy Farm to School Program (USDA):

<https://www.fns.usda.gov/f2s/farm-to-school>

Vermont FEED (National Farm to School Network Vermont):

<https://vtfeed.org/>

## Games and Activities

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

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

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

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

Kids Games and Activities (Dairy Council of California):

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

Kids' Corner: Interactive websites and games (USDA):

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

MyPlate Kids (USDA MyPlate)::

<https://www.myplate.gov/life-stages/kids>

MyPlate Match Game (Dairy Council of California):

<https://www.healthyeating.org/products-and-activities/games-activities/myplate>

MyPlate Match Game (Dairy Council of California):

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

MyPlate Print Materials (USDA):

<https://www.myplate.gov/resources/print-materials>

MyPlate Print Resources (USDA):

<https://www.myplate.gov/resources/print-materials>

MyPlate Quizzes (USDA):

<https://www.myplate.gov/resources/tools/quizzes>

MyPlate Resources: lessons, activities, videos, books, posters, handouts (USDA):

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

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MyPlate Tools (USDA):

<https://www.myplate.gov/resources/tools>

Puzzlemaker (Discovery Education):

<https://www.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>

Team Nutrition Resources for Schools: Elementary and Secondary (USDA):

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

Team Nutrition Quizzes (USDA):

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

### Health Literacy

Achieving Health Equity (Robert Wood Johnson Foundation):

<https://www.rwjf.org/en/building-a-culture-of-health/focus-areas/Features/achieving-health-equity.html>

An Introduction to 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 (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 Basics (Centers for Disease Control and Prevention):

<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 (Centers for Disease Control and Prevention):

<https://www.cdc.gov/healthliteracy/gettraining.html>

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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>

Cereal Facts (Food Advertising to Children and Teens Score) (UCONN Rudd Center for Food Policy & Obesity):

[https://www.cerealfacts.org/about\\_facts.aspx](https://www.cerealfacts.org/about_facts.aspx)

Dietary Reference Intake (DRI) Calculator for Healthcare Professionals (USDA National Agricultural Library):

<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 Me Calculator (Children's Nutrition Research Center at Baylor College of Medicine):

<https://www.bcm.edu/cnrc-apps/HealthyMe/HealthyMe.html>

Nutrition Analysis Tool: Grades 9-12 (University of Illinois):

<https://www.pdesas.org/module/content/resources/5367/view.ashx>

Nutrition Tools and Curricula (USDA National Agricultural Library):

<https://www.nal.usda.gov/human-nutrition-and-food-safety/nutrition-tools-and-curricula>

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, refer to "Nutrient Analysis" in the CSDE's *Resource List for Menu Planning and Food Production in Child Nutrition Programs*.



# Resource List for Nutrition Education

## Interdisciplinary Curricula

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

<https://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):

<https://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):

[https://www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/\\_documents/2017-12-14-Lesson-11\\_Be-Wise-About-Your-Portion-Size.pdf](https://www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/_documents/2017-12-14-Lesson-11_Be-Wise-About-Your-Portion-Size.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>

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Nutrition and Food Safety Education: Preschool to Elementary (USDA National Agricultural Library):

<https://www.nal.usda.gov/human-nutrition-and-food-safety/nutrition-and-food-safety-education>

Nutrition Education for Preschoolers (USDA National Agricultural Library):

<https://www.nal.usda.gov/human-nutrition-and-food-safety/nutrition-and-food-safety-education>

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>

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>

Kids Resources (USDA MyPlate):

<https://www.myplate.gov/life-stages/kids>

Nutrition and Food Safety Education: Preschool to Elementary (USDA National Agricultural Library):

<https://www.nal.usda.gov/human-nutrition-and-food-safety/nutrition-and-food-safety-education>

Nutrition Education Resources for Elementary School (ICN Child Nutrition Sharing Site):

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

Serving Up MyPlate: A Yummy Curriculum (USDA):

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

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Team Nutrition Resources for Schools: Elementary School Nutrition Education (USDA):

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

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

Lessons for Middle & High School (John C. Stalker Institute of Food and Nutrition):

<https://johnstalkerinstitute.org/resource/lessons-for-middle-hs/>

Lessons for Middle and High School (John C. Stalker Institute of Food and Nutrition):

<https://johnstalkerinstitute.org/resource/lessons-for-middle-hs/>

Nutrition and Food Safety Education: Middle to High School (USDA National Agricultural Library):

<https://www.nal.usda.gov/human-nutrition-and-food-safety/nutrition-and-food-safety-education>

Team Nutrition Resources for Schools: Secondary School Nutrition Education (USDA):

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

## 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)

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>

Educational Resources (USDA National Agricultural Library):

<https://www.ars.usda.gov/research/educational-resources/>

FNS Core Nutrition Messages (USDA WIC Works Resource System):

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

Food and Nutrition Information Center (USDA):

<https://www.nal.usda.gov/programs/fnic>

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/>

## Resource List for Nutrition Education

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>

Healthy Eating Learning Opportunities and Nutrition Education (CDC Healthy Schools):

[https://www.cdc.gov/healthyschools/nutrition/school\\_nutrition\\_education.htm](https://www.cdc.gov/healthyschools/nutrition/school_nutrition_education.htm)

KidsHealth in the Classroom: Health-related lessons plans PreK-12 (The Nemours Foundation):

<https://kidshealth.org/classroom/>

MyPlate (USDA):

<https://www.choosemyplate.gov/>

MyPlate for My Family (USDA SNAP-Ed Connection):

<https://snaped.fns.usda.gov/nutrition-education/fns-curricula/myplate-my-family>

New England Dairy:

<https://www.newenglanddairy.com/>

Nutrition and Food Safety Education (USDA National Agricultural Library):

<https://www.nal.usda.gov/human-nutrition-and-food-safety/nutrition-and-food-safety-education>

Oregon Dairy and Nutrition Council:

<https://odncouncil.org/resources/>

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 School Nutrition Action Committee):

[https://www.eatsmartmovemorenc.com/wp-content/themes/esmm/assets/downloads/resources/TrendsEffectsSolutions/RightSizeYourPortions\\_lowink.pdf](https://www.eatsmartmovemorenc.com/wp-content/themes/esmm/assets/downloads/resources/TrendsEffectsSolutions/RightSizeYourPortions_lowink.pdf)

SNAP-Ed Library (USDA):

<https://snaped.fns.usda.gov/library>

Team Nutrition (USDA):

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

Team Nutrition Resources for Schools (USDA):

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

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>

# Resource List for Nutrition Education

## Nutrition Handouts

Food and Nutrition Handouts (Iowa State University Extension and Outreach):

<https://store.extension.iastate.edu/Topic/Food-Nutrition-and-Health>

Infographics (Centers for Disease Control and Prevention):

<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 Print Materials (USDA MyPlate):

<https://www.myplate.gov/resources/print-materials>

Nibbles for Health: Nutrition Newsletters for Parents of Young Children (USDA):

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

Nutrition Education Materials (USDA SNAP-Ed Connection):

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

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):

<https://sportsrd.org/educational-resources-2/educational-resources/>

Team Nutrition Posters (USDA):

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

This Summer, Eat Smart to Play Hard: A Parent's Guide (USDA):

<https://www.fns.usda.gov/tn/summer-eat-smart-play-hard-parents-guide>

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>

# Resource List for Nutrition Education

## 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>

Portion Distortion Interactive Quizzes Slide Sets (National Institutes of Health, National Health, Lunch and Blood Institute):

<https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm>

Current Dietary Guidelines Presentation Slides (USDA and U.S. Department of Health and Human Services):

<https://www.dietaryguidelines.gov/professional-resources/health-professionals-presentations>

Prevent Portion Distortion PowerPoint (University of Nebraska Cooperative Extension):

<https://food.unl.edu/prevent-portion-distortion-0>

## Nutrition Promotions

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

<https://www.eatright.org/health/wellness/awareness-campaigns/50-ideas-to-get-involved-in-national-nutrition-month>

Food and Health Calendar (Food and Health Communications):

<https://www.foodandhealth.com/>

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/about-national-nutrition-month>

National School Breakfast Week (School Nutrition Association):

<https://schoolnutrition.org/about-school-meals/national-school-breakfast-week/>

National School Lunch Week (School Nutrition Association):

<https://schoolnutrition.org/about-school-meals/national-school-lunch-week/>

Nutrition and Physical Activity Monthly Theme Toolkits for Schools (Shasta County Public Health Department):

<https://www.shastacounty.gov/health-human-services/page/toolkits-schools>

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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

CDC Resources in Languages Other than English (Centers for Disease Control and Prevention):

<https://wwwn.cdc.gov/pubs/other-languages>

Dietary Guidelines Spanish resources: Recursos en español (USDA):

<https://www.dietaryguidelines.gov/es/recursos>

FNS Documents & Resources: Spanish Materials available from Team Nutrition (USDA):

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

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

<https://www.nlm.nih.gov/programs/edu-training/language-access/health-information/>

Healthy Eating Plate Translations (Harvard T.H. Chan School of Public Health):

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

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

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

MyPlate in Multiple Languages (USDA MyPlate):

<https://www.myplate.gov/myplate-multiple-languages>

MyPlate in Spanish: MiPlato en español (USDA MyPlate):

<https://www.myplate.gov/resources/en-espanol>

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>

Nutrition.gov Spanish (USDA):

<https://www.nutrition.gov/es>

Spanish Language Health Information (National Institutes of Health):

<https://salud.nih.gov/>

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Spanish Language Materials (USDA SNAP-Ed Connection):

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

## Training for Teachers and Staff

Discover MyPlate: Curriculum Training for Teachers (USDA):

<https://www.fns.usda.gov/tn/discover-myplate-nutrition-education-kindergarten#1>

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

[https://www.lsuagcenter.com/topics/food\\_health/education\\_resources/eatsmart](https://www.lsuagcenter.com/topics/food_health/education_resources/eatsmart)

Find a Training (USDA Professional Standards):

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

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 Eating Learning Opportunities and Nutrition Education (Centers for Disease Control and Prevention):

[https://www.cdc.gov/healthyschools/nutrition/school\\_nutrition\\_education.htm](https://www.cdc.gov/healthyschools/nutrition/school_nutrition_education.htm)

Healthy Teachers Program (Institute of Child Nutrition):

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

Healthy Teachers Program (Whole Kids):

<https://www.wholekidsfoundation.org/healthy-teachers/>

Institute of Child Nutrition eLearning Portal:

<https://theicn.org/icns-elearning-portal/>

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

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



# Resource List for Nutrition Education



For more information, visit the CSDE's [Nutrition Education](#) webpage or contact the [child nutrition staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at [https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources\\_Nutrition\\_Education.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/Resources/Resources_Nutrition_Education.pdf).

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1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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