

Resource List for Nutrition Education

This document includes resources and websites for nutrition education. Resources are listed by main category. Many websites contain information on multiple content areas. Additional resource lists are available on the CSDE's [Resources for Child Nutrition Programs](#) webpage.

The inclusion of commercial websites is for informational purposes only and does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE).

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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://www.healthiergeneration.org/app/resources/1979>

[CT Fresh Ed \(Farm to School\)](#) (CSDE):

<https://portal.ct.gov/sde/nutrition/ct-fresh-ed>

[Lunchroom Education](#) (The Lunch Box):

<https://www.thelunchbox.org/lunchroom-education/>

[The Cafeteria as a Learning Space](#) (School Wellness Initiative for Thriving Community Health):

<https://massschoolwellness.org/resources/learning-space/>

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

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

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Cooking with Kids

[Cook with Kids! Cooking Event Planner](https://www.cde.ca.gov/ls/nu/ed/cookwithkidsplanner.asp) (California Department of Education):

<https://www.cde.ca.gov/ls/nu/ed/cookwithkidsplanner.asp>

[Cook with Kids! Online Training](https://www.cde.ca.gov/LS/NU/ed/course431.asp) (California Department of Education):

<https://www.cde.ca.gov/LS/NU/ed/course431.asp>

[Cooking Matters](https://cookingmatters.org/) (Share Our Strength):

<https://cookingmatters.org/>

[Cooking with Kids](https://cookingwithkids.org/) (Cooking with Kids):

<https://cookingwithkids.org/>

[Cooking with Preschoolers](https://kidshealth.org/en/parents/cooking-preschool.html) (Kids Health, The Nemours Foundation):

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

[Kids in the Kitchen](https://www.nutrition.gov/topics/audience/children/kids-kitchen) (USDA Nutrition.gov):

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

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

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

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Developing Curricula and Training

[Appropriate Practices in School-Based Health Education](https://issuu.com/shapeamerica/docs/appropriate_practices_in_school_based_health_education?fr=sODk1NTkwNDU5MTY) (Society of Health and Physical Education):

https://issuu.com/shapeamerica/docs/appropriate_practices_in_school_based_health_education?fr=sODk1NTkwNDU5MTY

[Characteristics of an Effective Health Education Curriculum](https://www.cdc.gov/assessing-improving-school-health/health-education-curriculum/index.html) (Centers for Disease Control and Prevention):

<https://www.cdc.gov/assessing-improving-school-health/health-education-curriculum/index.html>

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

<https://dlp.lib.miamioh.edu/picturebook/>

[Comprehensive School Health Education](https://portal.ct.gov/sde/health-education/comprehensive-school-health-education) (CSDE):

<https://portal.ct.gov/sde/health-education/comprehensive-school-health-education>

[Connecticut Early Learning and Development Standards](https://portal.ct.gov/-/media/sde/ct-core-standards/2015/05/ctelds.pdf) (CSDE):

<https://portal.ct.gov/-/media/sde/ct-core-standards/2015/05/ctelds.pdf>

[Connecticut Early Learning and Development Standards \(CT ELDS\): A Guide to Early Childhood Program Development](https://www.ctoec.org/supporting-child-development/ct-elds/) (CSDE):

<https://www.ctoec.org/supporting-child-development/ct-elds/>

[CSDE Curriculum Design and Development Toolkit](https://portal.ct.gov/sde/academic-office/ct-learning-hub/k-12-model-curricula-hub/csde-curriculum-design-and-development-tool-kit) (CSDE):

<https://portal.ct.gov/sde/academic-office/ct-learning-hub/k-12-model-curricula-hub/csde-curriculum-design-and-development-tool-kit>

[CT Learning Hub](https://portal.ct.gov/sde/academic-office/ct-learning-hub) (CSDE):

<https://portal.ct.gov/sde/academic-office/ct-learning-hub>

[Designing and Delivering Training Programs](https://theicn.org/icn-resources-a-z/designing-and-delivering-training-programs/) (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/designing-and-delivering-training-programs/>

[Foundations for Training Excellence](https://theicn.org/icn-resources-a-z/foundations-for-training-excellence-4-hr/) (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/foundations-for-training-excellence-4-hr/>

[GoOpen Connecticut Public Digital Library of Open Educational Resources](https://goopenct.org/):

<https://goopenct.org/>

[Health Education Assessment Tool \(HEAT\)](https://www.shapeamerica.org/ResourcesPublications/Heat_Assessment_Tool.aspx) (Society of Health and Physical Educators):

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

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[Health Education Curriculum Analysis Tool \(HECAT\)](#) (Centers for Disease Control and Prevention):
<https://www.cdc.gov/healthy-youth/hecat/index.html>

[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

[K-12 Universal Curriculum Design Principles](#) (CSDE):
<https://portal.ct.gov/-/media/sde/ct-learning-hub/k-12-universal-curriculum-design-principles.pdf>

[National Health Education Standards](#) (SHAPE America):
<https://shapeamerica.org/standards/health/new-he-standards/>

[Nutrition Education & Promotion](#) (Centers for Disease Control and Prevention):
<https://www.cdc.gov/school-nutrition/education/>

[Standards, Curriculum, and Assessment](#) (Connecticut Office of Early Childhood):
<https://www.ctoec.org/standards-curriculum-and-assessment-2/>

[Tools and Tips for Trainers](#) (Institute of Child Nutrition):
<https://theicn.org/icn-resources-a-z/tools-and-tips-for-trainers/>

Evaluating Nutrition Education Resources and Information

[Developing & Assessing Nutrition Education Handouts](#) (Academy of Nutrition and Dietetics):
<https://www.eatrightfoundation.org/resources/nutrition-education/daneh>

[Evaluating Health Information](#) (MedlinePlus, U.S. National Library of Medicine):
<https://medlineplus.gov/evaluatinghealthinformation.html>

[How To Evaluate Health Information on the Internet: Questions and Answers](#) (National Institutes of Health, Office of Dietary Supplements):
https://ods.od.nih.gov/HealthInformation/How_To_Evaluate_Health_Information_on_the_Internet_Questions_and_Answers.aspx

[Nutrition Education: Principles of Sound Impact Evaluation](#) (USDA):
<https://www.fna.usda.gov/research/nutrition-education-impact-evaluation>

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[WIC Nutrition Education Guidance](#) (USDA):

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

Farm to School

[About Schoolyards](#) (Common Ground High School, Urban Farm and Environmental Education Center):

<https://www.commongroundct.org/about-schoolyards>

[Connecticut Farm to School Collaborative](#):

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

[Connecticut Farm-to-School Program: For Farmers](#) (Connecticut Department of Agriculture):

<https://www.ctfarmtoschool.org/for-farmers>

[Cornell Garden-based Learning](#) (Cornell University Cooperative Extension):

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

[CT Fresh Ed \(Farm to School\)](#) (CSDE):

<https://portal.ct.gov/sde/nutrition/ct-fresh-ed>

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

<https://www.farmtoschool.org/our-work/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.fna.usda.gov/f2s/farm-to-preschool>

[Farm to School](#) (UConn Extension):

<https://farmtoschool.extension.uconn.edu/>

[Farm to School Resources](#) (USDA):

<https://www.fna.usda.gov/f2s/farm-school-resources>

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

<https://vermontfarmtoschool.org/resources>

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[Farmers Markets](https://www.nutrition.gov/topics/shopping-cooking-and-food-safety/farmers-markets) (USDA Nutrition.gov):

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

[Food Safety Tips for School Gardens](https://theicn.org/documentlibraryfiles/PDF/20110822025700.pdf) (Institute of Child Nutrition):

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

[Gardens for Learning: Creating and Sustaining Your School Garden Guidebook](https://cdn.agclassroom.org/ca/resources/gardens/gardens_learning.pdf) (California School Garden Network):

https://cdn.agclassroom.org/ca/resources/gardens/gardens_learning.pdf

[Growing Your Farm to School Program](https://www.fna.usda.gov/f2s/growing-your-farm-school-program) (USDA):

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

[Kids Gardening](https://kidsgardening.org/):

<https://kidsgardening.org/>

[Massachusetts Farm to School](https://www.massfarmtoschool.org/):

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

[National Agricultural Literacy Curriculum Matrix](https://agclassroom.org/matrix/) (National Agricultural in the Classroom):

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

[National Farm to School Network](https://www.farmtoschool.org/):

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

[Produce Safety](https://www.fna.usda.gov/fs/produce-safety) (USDA):

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

[Rethinking School Lunch Guide](https://www.ecoliteracy.org/download/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](https://www.fna.usda.gov/f2s/school-gardens) (USDA):

<https://www.fna.usda.gov/f2s/school-gardens>

[Team Nutrition Garden Resources](https://www.fna.usda.gov/tn/garden-resources) (USDA):

<https://www.fna.usda.gov/tn/garden-resources>

[The Farm to School Planning Toolkit](https://www.fna.usda.gov/f2s/planning-toolkit) (USDA):

<https://www.fna.usda.gov/f2s/planning-toolkit>

[The Patrick Leahy Farm to School Program](https://www.fna.usda.gov/f2s/farm-to-school) (USDA):

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

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[Vermont FEED](https://vtfeed.org/) (National Farm to School Network Vermont):

<https://vtfeed.org/>

Games and Activities

The inclusion of commercial websites and products is for informational purposes only and does not constitute approval or endorsement by the CSDE.

[Center for Digital Games Research](https://www.cdgr.ucsb.edu/) (University of California Santa Barbara):

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

[Food and Nutrition Apps and Blogs](https://www.nutrition.gov/topics/basic-nutrition/online-tools/food-and-nutrition-apps-and-blogs) (USDA Nutrition.gov):

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

[Food Hero](https://foodhero.org/kids) (Oregon State University Extension Service):

<https://foodhero.org/kids>

[Games](https://aglab.ars.usda.gov/educational-resources/games) (USDA Agriculture Research Service):

<https://aglab.ars.usda.gov/educational-resources/games>

[Kids' Corner: Interactive websites and games](https://www.nutrition.gov/topics/audience/children/kids-corner) (USDA):

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

[Nutrition Based Physical Activity Games](https://actionforhealthykids.org/activity/nutrition-based-physical-activity-games/) (Action for Healthy Kids):

<https://actionforhealthykids.org/activity/nutrition-based-physical-activity-games/>

[Puzzlemaker](https://www.puzzlemaker.discoveryeducation.com/) (Discovery Education):

<https://www.puzzlemaker.discoveryeducation.com/>

[Team Nutrition Quizzes](https://www.fna.usda.gov/tn/quizzes) (USDA):

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

[Team Nutrition Resources for Schools: Elementary and Secondary Nutrition Education](https://www.fna.usda.gov/tn/school) (USDA):

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

[Whyville Snack Shack Games](https://www.fda.gov/food/nutrition-education-resources-materials/whyville-snack-shack-games) (FDA):

<https://www.fda.gov/food/nutrition-education-resources-materials/whyville-snack-shack-games>

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Health Literacy

[Achieving Health Equity](https://www.rwjf.org/en/building-a-culture-of-health/focus-areas/Features/achieving-health-equity.html) (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](https://www.nlm.gov/resources/public-health-resources/intro-health-literacy) (National Institutes of Health, National Network of Libraries of Medicine):

<https://www.nlm.gov/resources/public-health-resources/intro-health-literacy>

[Health Literacy](https://www.cdc.gov/health-literacy/index.html) (Centers for Disease Control and Prevention):

<https://www.cdc.gov/health-literacy/index.html>

[Health Literacy](https://medlineplus.gov/healthliteracy.html) (MedlinePlus):

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

[Health Literacy](https://www.nih.gov/institutes-nih/nih-office-director/office-communications-public-liaison/clear-communication/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](https://odphp.health.gov/our-work/national-health-initiatives/health-literacy) (U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion):

<https://odphp.health.gov/our-work/national-health-initiatives/health-literacy>

[Health literacy](https://www.who.int/news-room/fact-sheets/detail/health-literacy) (World Health Organization):

<https://www.who.int/news-room/fact-sheets/detail/health-literacy>

[Health Literacy in Healthy People 2030](https://odphp.health.gov/healthypeople/priority-areas/health-literacy-healthy-people-2030) (U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion):

<https://odphp.health.gov/healthypeople/priority-areas/health-literacy-healthy-people-2030>

[Health Literacy Online](https://odphp.health.gov/healthliteracyonline) (U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion):

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

[Health Literacy: Find Training](https://www.cdc.gov/health-literacy/php/find-training/get-training.html) (Centers for Disease Control and Prevention):

<https://www.cdc.gov/health-literacy/php/find-training/get-training.html>

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Healthy Eating Calculators

[Adult Energy Needs and BMI Calculator](https://www.bcm.edu/cnrc-apps/caloriesneed.cfm) (Baylor College of Medicine):

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

[Body Weight Planner](https://www.niddk.nih.gov/health-information/weight-management/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>

[Dietary Reference Intake \(DRI\) Calculator for Healthcare Professionals](https://www.nal.usda.gov/human-nutrition-and-food-safety/dri-calculator) (USDA National Agricultural Library):

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

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

<https://fdc.nal.usda.gov/>

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

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

[Healthy Me Calculator](https://www.bcm.edu/cnrc-apps/HealthyMe/HealthyMe.html) (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](https://www.pdesas.org/module/content/resources/5367/view.ashx) (University of Illinois):

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

[Nutrition Tools and Curricula](https://www.nal.usda.gov/human-nutrition-and-food-safety/nutrition-tools-and-curricula) (USDA National Agricultural Library):

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

[Online Tools](https://www.nutrition.gov/topics/basic-nutrition/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](https://foodplanner.healthiergeneration.org/calculator/) (Alliance for a Healthier Generation):

<https://foodplanner.healthiergeneration.org/calculator/>

[Spend Smart, Eat Smart: What You Spend Grocery Budget Calculator](https://spendsmart.extension.iastate.edu/plan/what-you-spend/) (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](https://ctaef.org/ag-in-the-classroom/) (Connecticut Agricultural Education Foundation):

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

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

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

[Fueling My Healthy Life: Grade 6](https://www.fns.usda.gov/tn/fueling-my-healthy-life) (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](https://agclassroom.org/) (USDA):

<https://agclassroom.org/>

Nutrition Education for Preschoolers

[Captain 5 A Day Nutrition Education Program](https://portal.ct.gov/DPH/Health-Education-Management--Surveillance/Nutrition/Captain-5-A-Day) (Connecticut Department of Public Health):

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

[Grow It, Try It, Like It! Fun with Fruits and Vegetables at Family Child Care](https://www.fna.usda.gov/tn/grow-it-homes) (USDA):

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

[Nutrition and Food Safety Education: Preschool to Elementary](https://www.nal.usda.gov/human-nutrition-and-food-safety/nutrition-and-food-safety-education) (USDA National Agricultural Library):

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

[The Two-Bite Club](https://www.fna.usda.gov/tn/two-bite-club) (USDA):

<https://www.fna.usda.gov/tn/two-bite-club>

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Nutrition Education for Elementary Students

[Dig In! Standards-Based Nutrition Education from the Ground Up: Grades 5-6](https://www.fna.usda.gov/tn/digin) (USDA):

<https://www.fna.usda.gov/tn/digin>

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

<https://kidshealth.org/classroom/index.jsp?Grade=35&Section=personal>

[Kids' Corner](https://www.nutrition.gov/topics/nutrition-life-stage/children/kids-corner) (USDA):

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

[Nutrition and Food Safety Education: Preschool to Elementary](https://www.nal.usda.gov/human-nutrition-and-food-safety/nutrition-and-food-safety-education) (USDA National Agricultural Library):

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

[Nutrition Education for Children/Students](https://theicn.org/cnss/resources#tab-abce3817e9f5d3db1fa) (ICN Child Nutrition Sharing Site):

<https://theicn.org/cnss/resources#tab-abce3817e9f5d3db1fa>

[Team Nutrition Resources for Schools: Elementary School Nutrition Education](https://www.fna.usda.gov/tn/school) (USDA):

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

[The Great Garden Detective Adventure: A Standards-Based Gardening Nutrition Curriculum for Grades 3 and 4](https://www.fna.usda.gov/tn/great-garden-detective-adventure) (USDA Team Nutrition):

<https://www.fna.usda.gov/tn/great-garden-detective-adventure>

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Nutrition Education for Middle and High Students

[Lessons for Middle & High School](https://johnstalkerinstitute.org/resource/lessons-for-middle-hs/) (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](https://www.nal.usda.gov/human-nutrition-and-food-safety/nutrition-and-food-safety-education) (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](https://www.fna.usda.gov/tn/school) (USDA):

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

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Nutrition Education for Multiple Ages

[Eat Smart Live Strong: Nutrition Education for Older Adults](https://snaped.fna.usda.gov/resources/nutrition-education-materials/fns-curricula/eat-smart-live-strong) (USDA SNAP-Ed Connection):

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

[Food and Nutrition Information Center](https://www.nal.usda.gov/programs/fnic) (USDA):

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

[For Parents, Caregivers, and Teachers](https://www.nutrition.gov/topics/nutrition-life-stage/teens/parents-caregivers-and-teachers) (USDA Nutrition.gov):

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

[Health Education Materials](https://www.childrenshealthfund.org/health-education-materials/) (The Children's Health Fund):

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

[Nutrition Education & Promotion](https://www.cdc.gov/school-nutrition/education/) (CDC Healthy Schools):

<https://www.cdc.gov/school-nutrition/education/>

[KidsHealth in the Classroom: Health-related lessons plans PreK-12](https://kidshealth.org/classroom/) (The Nemours Foundation):

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

[New England Dairy](https://www.newenglanddairy.com/):

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

[Nutrition and Food Safety Education](https://www.nal.usda.gov/human-nutrition-and-food-safety/nutrition-and-food-safety-education) (USDA National Agricultural Library):

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

[Right-size Your Portions, School-Age Children & Youth: Trends, Effects, Solutions](https://www.eatsmartmovemorenc.com/wp-content/themes/esmm/assets/downloads/resources/TrendsEffectsSolutions/RightSizeYourPortions_lowink.pdf) (North Carolina School Nutrition Action Committee):

https://www.eatsmartmovemorenc.com/wp-content/themes/esmm/assets/downloads/resources/TrendsEffectsSolutions/RightSizeYourPortions_lowink.pdf

[SNAP-Ed Library](https://snaped.fna.usda.gov/library/materials) (USDA):

<https://snaped.fna.usda.gov/library/materials>

[Team Nutrition](https://www.fna.usda.gov/tn) (USDA):

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

[Team Nutrition Resources for Schools](https://www.fna.usda.gov/tn/school) (USDA):

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

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Nutrition Handouts

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

<https://shop.iastate.edu/extension/family-food-health/food-and-nutrition/>

[Infographic Gallery](#) (Centers for Disease Control and Prevention, National Center for Health Statistics):

<https://www.cdc.gov/nchs/hus/resources/infographics.htm>

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

<https://www.fna.usda.gov/tn/child-care-organization/nibbles>

[Nutrition Education Materials](#) (USDA SNAP-Ed Connection):

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

[Nutrition Tip Sheets](#) (Dairy Council of California):

<https://dairycouncilofca.org/learning-resources/educational-products/handouts>

[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/downloadable-resources/>

[Team Nutrition Posters](#) (USDA):

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

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

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

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Nutrition Promotions

[50 Ways to Get Involved in National Nutrition Month®](https://www.eatright.org/health/wellness/awareness-campaigns/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>

[CT Grown for CT Kids Week](https://portal.ct.gov/sde/nutrition/ct-fresh-ed/ct-grown-for-ct-kids-week) (CSDE):

<https://portal.ct.gov/sde/nutrition/ct-fresh-ed/ct-grown-for-ct-kids-week>

[Food and Health Calendar](https://www.foodandhealth.com/calendar/) (Food and Health Communications):

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

[Food Calendar](https://food.unl.edu/free-resources/food-calendar/) (University of Nebraska-Lincoln Cooperative Extension):

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

[Great Plates Contest](https://portal.ct.gov/sde/nutrition/ct-fresh-ed/great-plates-contest) (CSDE):

<https://portal.ct.gov/sde/nutrition/ct-fresh-ed/great-plates-contest>

[National Health Observances](https://odphp.health.gov/news/category/national-health-observances) (U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion):

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

[National Nutrition Month®](https://www.eatright.org/about-national-nutrition-month) (Academy of Nutrition and Dietetics):

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

[National School Breakfast Week](https://schoolnutrition.org/about-school-meals/national-school-breakfast-week/) (School Nutrition Association):

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

[National School Lunch Week](https://schoolnutrition.org/about-school-meals/national-school-lunch-week/) (School Nutrition Association):

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

[Nutrition Promotion](https://www.actionforhealthykids.org/activity/nutrition-promotion/) (Action for Healthy Kids):

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

[Team Nutrition Popular Events Idea Booklet](https://www.fns.usda.gov/tn/popular-events-idea-booklet) (USDA):

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

For more information on nutrient analysis tools, refer to “Marketing and Promotion” in the CSDE’s [Resource List for Wellness Policies in Schools and Child Care](#).

Resource List for Nutrition Education

Nutrition Resources in Other Languages

[CDC Resources in Languages Other than English](https://www.cdc.gov/other/other-languages/index.html) (Centers for Disease Control and Prevention):

<https://www.cdc.gov/other/other-languages/index.html>

[Health Information in Multiple Languages](https://medlineplus.gov/languages/languages.html) (MedlinePlus):

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

[Healthy for Good: Spanish Infographics \(Infografías\)](https://www.heart.org/es/healthy-living/healthy-living-infographics) (American Heart Association):

<https://www.heart.org/es/healthy-living/healthy-living-infographics>

[Nutrition.gov Spanish](https://www.nutrition.gov/es) (USDA):

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

[Spanish Language Health Information](https://salud.nih.gov/) (National Institutes of Health):

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

[Team Nutrition \(Equipo la Nutrición\)](https://www.nutrition.gov/es/sources/equipo-la-nutricion) (USDA Nutrition.gov):

<https://www.nutrition.gov/es/sources/equipo-la-nutricion>

[USDA \(Departamento de Agricultura de los Estados Unidos\):](https://www.nutrition.gov/es/sources/usda-departamento-de-agricultura-de-los-estados-unidos)

<https://www.nutrition.gov/es/sources/usda-departamento-de-agricultura-de-los-estados-unidos>

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Training for Teachers and Staff

[Eat Smart Web-based Nutrition Curriculum](https://www.lsuagcenter.com/topics/food_health/education_resources/eatsmart) (Louisiana State University Ag Center):

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

[Health Educator's Nutrition Toolkit: Setting the Table for Healthy Eating](https://www.fda.gov/food/nutrition-education-resources-materials/health-educators-nutrition-toolkit-setting-table-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](https://theicn.docebosaas.com/learn/courses/94/HealthyTeachersProgram) (Institute of Child Nutrition):

<https://theicn.docebosaas.com/learn/courses/94/HealthyTeachersProgram>

[iLearn eLearning Portal](https://theicn.org/icns-elearning-portal/) (Institute of Child Nutrition):

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

[Nutrition Education & Activities for Staff](https://actionforhealthykids.org/activity/nutrition-education-activities-for-staff/) (Action for Healthy Kids):

<https://actionforhealthykids.org/activity/nutrition-education-activities-for-staff/>

[Nutrition 101: A Taste of Food and Fitness](https://theicn.org/icn-resources-a-z/nutrition-101/) (Institute of Child Nutrition):

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

[Training for Child Nutrition Programs](https://portal.ct.gov/sde/nutrition/training-for-child-nutrition-programs) (CSDE):

<https://portal.ct.gov/sde/nutrition/training-for-child-nutrition-programs>

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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.

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Resource List for Nutrition Education

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