



## Nutrition Education Materials

Along with providing healthy meals to children, the Summer Food Service Program (SFSP) is a great opportunity for nutrition education. By combining nutrition education into your summer site you can provide children and families with useful information on how to make healthy choices, offer engaging and fun activities, create opportunities to engage the community and help children develop lifelong healthy eating habits.

Not sure of where to start? Below is a list of USDA and Partner nutrition education materials with ideas on how to incorporate them into your summer site.

### USDA Resources

The USDA has numerous nutrition education materials (and more to come!) that you can use at your summer site. Check out the free resources below.

#### Team Nutrition

USDA's Team Nutrition has a library of free nutrition education materials. You can choose materials that are a good fit for your program and download them from here: <http://www.fns.usda.gov/tn/resource-library>

Free print materials are also available to summer site. You can request materials by using this order form: <http://tn.ntis.gov/>

Here are some examples of ways to use Team Nutrition materials in your summer meals program:

- Use the **Team Nutrition message graphics** in print and electronic communications to families: <http://www.fns.usda.gov/tn/graphics-library>
- Plan easy gardening projects using:
  - **The Great Garden Detective Adventure** <http://www.fns.usda.gov/tn/great-garden-detective-adventure-standards-based-gardening-nutrition-curriculum-grades-3-and-4-1>,and
  - **Dig In!** <http://www.fns.usda.gov/dig-standards-based-nutrition-education-ground>
- Get kids excited about fruits, vegetables and other healthy foods by singing songs, planning activities and displaying food cards and posters from the:
  - **Discover MyPlate: Nutrition Education for Kindergarten** kit <http://www.fns.usda.gov/tn/discover-myplate-teachers-guide> and



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- **Serving Up MyPlate** <http://www.fns.usda.gov/tn/serving-myplate-yummy-curriculum>
- Display the **Eat Smart To Play Hard With MyPlate** poster: <http://www.fns.usda.gov/sites/default/files/eatsmartposter.pdf>
- Share mini-versions of the **Eat Smart To Play Hard With MyPlate** with parents:
  - English: <http://www.fns.usda.gov/sites/default/files/eatsmartminiposter.pdf>
  - Spanish: [http://www.fns.usda.gov/sites/default/files/sump\\_spmminiposter.pdf](http://www.fns.usda.gov/sites/default/files/sump_spmminiposter.pdf)
- Find grade-level appropriate materials for the children that attend your site at the Healthy Meals Resource System:
  - <http://healthymeals.nal.usda.gov/nutrition-education-9>

## MyPlate

USDA's MyPlate illustrates the five food groups that are the building blocks for a healthy diet.

- The MyPlate **Ten Tips Nutrition Education Series** provides high-quality and easy-to-follow tips in a convenient format that are perfect for hanging up and handing out to parents. All the handouts are available in English and Spanish: <http://choosemyplate.gov/healthy-eating-tips/ten-tips.html>
- Download **MyPlate graphics** and use them in print and electronic communications with families: <http://choosemyplate.gov/print-materials-ordering/graphic-resources.html>

## Stay Connected

You can stay connected and learn about new USDA materials by:

- Following @TeamNutrition and @ChooseMyPlate on Twitter
- Subscribing to the Team Nutrition E-Newsletter <http://healthymeals.nal.usda.gov/subscribe-team-nutrition-e-newsletter-0>
- Signing up for email updates from MyPlate <https://public.govdelivery.com/accounts/USDACNPP/subscriber/new>

## Partner Organization Resources

- The **California Summer Meal Coalition —Summer Nutrition Education** offers a webinar and guides to planning and implementing nutrition education in your summer meal program: <http://www.summermealcoalition.org/nutrition-education/>



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- Find tips on how to add nutrition education into your summer meal program with the **California Afterschool Network (CAN)** tip sheet:  
[http://www.afterschoolnetwork.org/sites/main/files/file-attachments/nutrition\\_education\\_in\\_summer\\_meal\\_programs.2.27.2012.final\\_version.pdf](http://www.afterschoolnetwork.org/sites/main/files/file-attachments/nutrition_education_in_summer_meal_programs.2.27.2012.final_version.pdf)
- **Conquering Picky Eating through Nutrition Education Activities**, by the National Food Service Management Institute, provides an overview of picky eating and basic tips and strategies for helping young children try and like new foods through educational activities:  
<http://www.nfsmi.org/documentlibraryfiles/PDF/20141001082939.pdf>
- The **Eat Right, Academy of Nutrition and Dietetics- Nutrition Education Resources** offers tips, activities and games that you can adapt and use in at your summer site:  
<http://www.eatright.org/NNM/content.aspx?id=5342#.VC1gYfldW1c>

### **Additional Information**

Sponsors and the general public should contact the appropriate State agency for additional guidance. State agencies should contact their FNS Regional Office for additional guidance.

List of FNS Regional Offices: <http://www.fns.usda.gov/fns-regional-offices>

List of State Agencies: <http://www.fns.usda.gov/cnd/Contacts/StateDirectory.htm>

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