



Recommended Nutrition Resources for Community Partners

Nutrition education is an important component to the Hoophouses for Health program. Exposing children to new foods and healthy eating habits is vital to their future growth and development. Below is a listing of free nutrition education materials that could be used in conjunction with the Hoophouses for Health program. If you know of additional nutrition education materials or programs that may be beneficial to those participating in the Hoophouses for Health program, please email Tyler at tyler@mifma.org or call the Michigan Farmers Market Association at (517) 432-3381.

MSU Extension: Early Childhood Development

A resource with articles pertaining to aspects of children's physical and mental health, early literacy, and school preparedness.

http://msue.anr.msu.edu/topic/info/early_childhood_development

MSU Extension: Nutrition

A source for children's nutrition articles, resources and programs.

<http://msue.anr.msu.edu/topic/info/nutrition>

MSU Extension: Food Preservation

A source for articles pertaining to safe storage and preservation practices.

http://msue.anr.msu.edu/topic/info/food_preservation

MSU Extension: Safe Food and Water

A source for articles and programs pertaining to personal hygiene, safe storage and temperatures, transportation, unsafe environments and cross-contamination.

http://msue.anr.msu.edu/topic/info/safe_food_water

MSU Extension: Food Budgeting

A source for articles and programs pertaining to food budgeting and stretching families' food dollars to provide healthy, balanced meals.

http://msue.anr.msu.edu/topic/info/food_budgeting

Academy of Nutrition and Dietetics: Eat Right

A resource for articles pertaining to nutrition and exercise for children at home and at school.

<http://www.eatright.org/Public/landing.aspx?TaxID=6442451994>

USDA Choose My Plate

A source for information and activities about foods, weight management, and physical activities. Contains many handouts for families and activities for children.

<http://choosemyplate.gov/healthy-eating-on-budget.html>

USDA National Agricultural Library: Infants and Toddlers

General information about caring for and nurturing healthy infants and toddlers.

<http://fnic.nal.usda.gov/consumers/ages-stages/infants-toddlers>

Vermont FEED: A Guide to Taste Testing Local Foods in Schools

A curriculum for exposing students to new, local foods.

<http://www.vtfeed.org/materials/guide-taste-testing-local-foods-schools>

Ask an Expert

Submit your questions and get answers from Cooperative Extension/University staff and volunteers from around the country.

<https://ask.extension.org/ask>