



## Resources to Support Nutrition Education at Home

Learning about Nutrition can lead to building healthier habits, understanding the importance of balanced meals, and staying healthy throughout your whole life. Whether you're exploring new ways to include more fruits and vegetables in your family's diet or looking for fun and interactive resources to teach kids about healthy eating, these tools are enjoyable and accessible for everyone.

### Free Online Nutrition Education Toolkits



#### **Food, Activity, and Nutrition Initiatives Health Promotion & Public Education**

Food, Activity, and Nutrition (FAN) Initiatives give you information on staying healthy and public education resources focused on improving nutrition, physical activity, and overall well-being for children and families. Visit: <http://www.luriechildrens.org/FAN>



#### **USDA MyPlate**

Explore MyPlate, a website created by the U.S. Department of Agriculture (USDA). Here you will find information about nutrition to help families and individuals build healthy, balanced meals. Discover tips, tools, and resources for all ages, including activity ideas, meal planning, and recipes. Visit: <https://www.myplate.gov>.



#### **Greater Chicago Food Depository**

Access nutrition education and resources through the Greater Chicago Food Depository. Find cooking classes, wellness workshops, and tips on building healthy meals. Visit: <https://www.chicagosfoodbank.org/get-help/nutrition/>.



#### **Food Thoughts: Nutrition Videos**

Food Thoughts by WTTW offers insightful conversations and stories about food, health, and culture. Explore videos, interviews, and articles that dive deep into the diverse world of food and its impact on our lives.

Visit: <https://interactive.wttw.com/food-thoughts>.



#### **Kids Eat In Color**

Kids Eat in Color offers practical tips, meal ideas, and resources to help families raise healthy, happy eaters. Explore guidance on picky eating, balanced nutrition, and food budgeting for every household. Visit: <https://kidseatincolor.com/>.