# Online Resources to Help Families Eat Smart and Move More

**About ™: Busy Cooks**
www.busycooks.about.com
With over a dozen links, this site will guide you to easy recipes, recipes with five ingredients or less, crock-pot recipes, recipes by ingredients, weekday menus and more.

**Action for Healthy Kids (AFHK)**
www.actionforhealthykids.org/
In early October 2002, health professionals and educators from across the US gathered to "take action" for children's nutrition and fitness. This site provides extensive tools, resources and contacts from the meeting in Washington, DC.

**All Food ™: Minute Meals**
www.allfood.com/mmeal.cfm
This site features over 170 recipes that are fast and easy that your family will love. Featuring twenty-minute meals, each recipe features a menu game plan, step by step instructions, a shopping list, and nutrition information per serving.

**American Psychological Association: Task Force on Advertising and Children**
www.apa.org/releases/childrenads.pdf
Released in February 2004, this report outlines the effect of food and beverage advertising on children's eating habits and their contribution to youth obesity. It also offers extensive recommendations for healthful changes.

**AMS Consumer Publications (USDA)**
www.ams.gov/howtobuy/
Learn about the best ways to purchase various food items. Fresh fruits, dairy products, meats and fresh vegetables are just a few of the many items listed on this web site.

**Be a Wise Shopper! (University of Florida IFAS Extension)**
www.edis.ifas.ufl.edu/BODY_HE980
Provides tips on how to read food labels, understand health claims, and buy healthy foods at reasonable prices.

**BeefNutrition.org (National Cattlemen's Beef Association)**
www.beefnutrition.org/hsn
Parent education handouts, presentation graphics (highlighting protein, iron, and zinc), and body image resources for adolescents (*Mirror, Mirror)* are just a few of the excellent materials available for downloading at this site.

**The Body Positive**
www.thebodypositive.org/
Through videos, workshops and consulting, the creators of Body Positive teach young people how to have a positive body image and a healthy relationship with food. Their most recent video ***BodyTalk 3*** (2004) is targeted at ages 6 to 8.

**California Dept. of Education: Academic Achievement and Physical Fitness**
www.cde.ca.gov/news/releases2002/rel37.asp
This study, released in December 2002, supports the connection between physical fitness levels of students in grades 5, 7, and 9 – and student performance on CA Department of Education Achievement Tests.

**California School Board Association (CSBA)**
www.csba.org/PS/hf.htm
The CSBA has long been active in encouraging schools to establish nutrition policies. Its 2003 guide *Successful Students Through Healthy Food Policies: Act Now for Academic Excellence* can be ordered for $20.00.

**Centers for Disease Control and Prevention (CDC)**
www.cdc.gov/nccdphp/dnpa/ and www.cdc.gov/HealthyYouth/index.htm
The CDC site is an essential resource for nutrition and activity issues. Search for: surveillance data (including maps of obesity prevalence); pediatric growth charts; and several national campaigns, like *Kids Walk-to-School* and *Turn Off Your TV.*

**Center for Weight and Health (University of California, Berkeley)**
www.cnr.berkeley.edu/cwh/
The center sponsors conferences and coalitions in California. The site features links to literature, research, surveys, funding and information on *Reversing Childhood Obesity Trends: Helping Children Achieve Healthy Weights.*

**Cooking Made Easy (Michigan State University Extension)**
www.msue.msu.edu/stjoseph/Home%20Ec/Recipes/Recipes.htm
This site includes new recipes each week that are easy to prepare. The recipes feature seasonal ingredients or ones that may be readily available in your kitchen. A link to previously featured recipes is also provided.

**Delicious Decisions (American Heart Association)**
www.deliciousdecisions.org/
The American Heart Association created this web site to provide information on healthy eating, shopping, cooking, and fitness. Includes five different chapters to assist users in way to promote healthy living at home or away from home.

**Dole 5 A Day**
www.dole5aday.com/
Dole was one of the first companies to create a nutrition education website – and this one keeps getting better. Log on for fruit and veggies facts, recipes, and fun. There are special sections for kids, parents, teachers, and school foodservice.

**Eat Smart, Move More … NC**
www.eatsmartmovemorenc.com/index2.php
This initiative promotes physical activity and healthy eating through policy and environmental change, like the newly released *Eat Smart: North Carolina's Recommended Standards for All Foods Available in School*. Check out the tools for eating smart and moving more in the real world for one-page PDF handouts.

**Eat Well for Less (Oregon State University Extension)**
www.extension.oregonstate.edu/fcd/nutrition/ewfl/index.php
This site includes three self-paced modules on stretching your food dollars as well as healthy eating using the food guide pyramid and food safety.

**Families Taking Charge: Eating Well for Less (Virginia Cooperative Extension)**
www.ext.vt.edu/pubs/ftc/354-105/354-105.hmtl
Often families find food to be very expensive and difficult to buy with a limited income. However, this web site provides practical tips that will help families learn how to buy healthy foods at a low price.

**Family Fun**
www.familyfun.go.com/recipes/family/
Look up recipes for kids that are easy for everyone to make. Easy recipes include 30 minutes or less, slow cooker favorites, no cook wonders, and pizza and pasta.

**Farmer's Markets Listed by State (USDA)**
www.ams.usda.gov/farmersmarket/map.htm
Find out where your local farmer's market is located.

**Food Storage Information (Food Marketing Institute- For Consumers)**
www.fmi.org/consumer/foodkeeper/brochure.cfm
Learn ways to properly take care of fresh foods once they are brought home from the supermarket. This web site provides helpful information on food safety and storage practices to ensure that foods remain fresh and maintain their nutritional value.

**Healthy Eating on the Run**
www.eatright.org/Public/Files/HealthEatingontheRun.pdf
A nutrition fact sheet in PDF format from the American Dietetic Association. Has 31 tips for healthy eating on the run.

**Healthy Eating Shopping Tips**
www.nutrition.com.sg/he/heshopping.asp
Learn the 10 secrets to smart shopping. This web site includes tips and strategies to help people purchase healthy foods from the supermarket.

**Healthy Weight Network**
www.healthyweight.net/
Francie Berg, MS, publishes *Underage and Overweight* and offers handouts, resources, and links, like *SNE Guidelines for Childhood Obesity Prevention Programs: Promoting Healthy Weight in Children* (2002).

**Heart Healthy Home Cooking for African Americans (National Heart, Lung and Blood Institute)**
www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.pdf
This recipe book brings together many favorite African American recipes and highlights the ways to make these favorites in a heart healthy way. Gives examples of recipes that help to protect families from heart disease and stroke.

**Home and Family Network**
www.homeandfamilynetwork.com/food/healthyeating.html
Linked to Better Homes and Gardens ®, this web site has several links on quick and healthy recipes and healthy eating tips. Includes recipes on low-fat cooking and heart healthy recipes.

**How Do You Do Dinner? (Montana State University Extension Service)**
www.montana.edu/extensionnutrition/dinner/index.htm
This site provides suggestions on menu ideas, recipes, tips and strategies on how you and your family can eat well. Featuring four family profiles, each one shows different ways to eat smart at home.

**ivillage and Good Housekeeping Recipes**
www.magazines.ivillage.com/goodhousekeeping/archive/0,,284494,00.html
This link from Good Housekeeping and ivillage.com features quick and easy menus for your family. Featuring twenty and thirty-minute meals and meals built around a simple base items. Includes nutrition information per serving.

**Kaiser Family Foundation Report: Role of the Media in Childhood Obesity**
www.kff.org/entmedia/entmedia022404pkg.cfm
This 2004 report reviews over 40 studies to explore what researchers do and do not know about the role media play in childhood obesity – and identifies ways media could help to address this important public health problem.

**Kids-a-Cookin' (Kansas State University Extension)**
www.kidsacookin.org/Site.aspx?page=Recipe_Category
A fun site for families featuring healthy and quick entrees, side dishes and snacks. Recipes are grouped by main ingredient or skill level. Each recipe has a photograph, step by step directions, helpful tips, nutrition facts and kitchen tools needed.

**Kids in Action**
www.fitness.gov/funfit/Kidsinactionbook.pdf
A guidebook for parents on how to engage young children in age-appropriate physical activity, from infancy to 5 years of age.

**Lexington-Fayette Health Department (Kentucky)**
www.lexingtonhealthdepartment.org/docs/Food_for_Thought_printer.pdf
The health promotion folks in Lexington, Kentucky, have developed an excellent full-color publication: *Food for Thought: Healthy Food Guidelines for Schools* (available for a free download as a PDF file).

**Michigan Department of Education**
www.michigan.gov/documents/healthyweight_13649_7.pdf
*The Role of Michigan Schools in Promoting Healthy Weight: A Consensus Paper* (2001) features guidance on excessive weight and weight gain; social pressure for excessive slenderness and unsafe weight loss practices.

**Michigan Team Nutrition**
www.msue.msu.edu/fnh/tn/
The partnership between MSU Extension and the MI Department of Education has dozens of resources for schools, including exciting ways to link nutrition and physical activity education with literacy – promoting reading and health together.

**Minnesota Team Nutrition ToolKit**
www.fns.state.mn.us/FNSProg/NSLP/NSLPResource.htm#toolkit
This site provides dozens of tools for enhancing school nutrition environments including: handouts for parents and students; strategies for improving vending machine options; and resources for adult role models.

**National Dairy Council Health Education Kits**
www.nationaldairycouncil.org/lvl03/kits/5000_kits_03.htm
Three new education kits are available for free download from the National Dairy Council®: *3-A-Day of Dairy Health Education Kit, Healthy Weight Health Education Kit* and *African-American Health Education Kit.*

**Nutrition Explorations**
www.nutritionexplorations.org/
This site, also sponsored by the National Dairy Council, provides dozens of fun and easy ways to teach and learn nutrition. There are in-depth sections for parents, teachers and school foodservice professionals.

**Partners in Wellness**
www.ces.ncsu.edu/Wellness/recipes.htm
This web site is targeted to older adults in partnership with NCSU Cooperative Extension, NC Nutrition Network and USDA. It features healthy and easy to follow recipes categorized by the food guide pyramid.

**Prairie Fare (North Dakota State University)**
www.ext.nodak.edu/extnews/pyramid.htm
This site is linked with North Dakota State Extension Service and features an interactive food guide pyramid. Click on a food group for a list of delicious and healthful recipes using foods from that group.

**Preparing Healthy Food: How to Modify a Recipe (The Ohio State University Extension)**
http://ohioline.osu.edu/hyg-fact/5000/5543.html
Just because a recipe calls for a certain ingredient doesn't mean that you have to use that ingredient. Learn some simple ingredient "switchers" that will help to make your recipes healthier and taste great.

**President's Challenge - You're It. Get Fit!**
www.presidentschallenge.org/
Physical activity and awards program for Americans of ALL ages. Site offers activity logs for kids, teens, and adults (you can register your whole school), as well as cool online tools and ways to win awards for activity.

**Project LEAN (Leaders Encouraging Activity and Nutrition)**
www.californiaprojectlean.org/
California Project LEAN, from The Public Health Institute, supports several youth projects. One is *Food on the Run: Your Energy Wake Up Call*, a web site with simple nutrition and active solutions for teens @ **www.caprojectlean.org/**

**Razzle Dazzle Recipes, Quick, Easy – N – Fast Recipes**
www.razzledazzlerecipes.com/quickneasy/
This site has numerous recipes listed by main ingredient. Fast and easy to follow, these recipes will get you and your family started with cooking at home.

**Recipes Today**
http://recipestoday.com/recipes/index.htm
This site features archives of nutritious and quick recipes by main ingredient. From main dishes to kid-pleasing snacks, you're sure to find something your family will be requesting over and over again.

**Shopping Strategies to Stretch Your Budget (Iowa State University Extension)**
www.extension.iastate.edu/Publications/N3276.pdf
Learn how to adopt specific shopping habits in order to stretch your budget. This web site provides 12 helpful tips to ensure families that they will get the most for their money.

**SPARK: The New PE**
www.sparkpe.org/
SPARK's training and tools promise PE classes that are more inclusive, active, and fun. SPARK offers programs for Early Childhood, Elementary and Middle School Physical Education, Lifelong Wellness, and After School Recreation.

**Take 10!**
www.take10.net/
Take 10 is a classroom-based physical activity program for kindergarten to fifth grade students, which is linked to academic learning objectives**.** The goal is to get American kids moving more – ten minutes at a time.

**That's My Home: Slow Cooker Cafe**
www.thatsmyhome.com/slowcooker/index.htm
Entire link from *That's My Home* web site devoted to crock pot recipes for simple meals at home. Tips on how to make a delicious meal that will be waiting for you when you get home.

**3 Steps to Quick Healthy Meals (Iowa State University Extension)**
www.extension.iastate.edu/Publications/N3355.pdf
A 3-step plan that guides families in how to create healthy menu items that can fit into busy lifestyles.

**Time-saving Tips for Quick Meals (Iowa State University Extension)**
www.extension.iastate.edu/Publications/N3456.pdf
Learn about kitchen techniques to make meal preparation fast and simple.

**Tips for Healthy Shopping**
www.spineuniverse.com/displayarticle.php/article1137.html
This web site gives helpful tips to ensure healthy shopping. It also includes a quick quiz to assess the comprehension of the user.

**Tips to Make Convenience Foods Healthier (Iowa State University Extension)**
www.extension.iastate.edu/Publications/N3455.pdf
Learn how to keep convenience while providing meals that are more nutritious. Outlines several strategies to decrease sodium and fat intake while increasing calcium and fiber intake.

**Texas Department of Agriculture ~ Child Nutrition Programs**
www.agr.state.tx.us/
Commissioner of Agriculture Susan Combs is taking a strong stand for healthy schools, including a new policy on competitive foods (released 03/01/04). Site has a variety of resources, including PDFs of some awesome new brochures.

**University of Ottawa**
http://www.uottawa.ca/health/information/nutrition-recipe-book.html
A link from the University of Ottawa web site guides you to a recipe book full of healthy and nutritious recipes for the whole family.

**USDA Team Nutrition (US Department of Agriculture)**
www.fns.usda.gov/tn/Default.htm
The Team Nutrition program is a goldmine of materials, kits, and local efforts to enhance school nutrition environments. You can download free materials; read about Team Nutrition success stories; and find out what is going on in your state.

**VERB™: It's What You Do**
www.verbnow.com/
VERB™ is CDC's physical activity website aimed at tweens (ages 8 to 12). The site provides ways to record activities and win prizes – along with videos of dance moves, skateboarding tricks and BMX bike actions.

**Wisconsin Department of Education: *What's Right for Kids***
www.dpi.state.wi.us/dpi/dltcl/bbfcsp/pdf/tnbooklt.pdf
Released in early 2004, this comprehensive document outlines child nutrition problems – and the multiple roles that schools can play in the solutions, including many examples of what Wisconsin schools are doing to improve nutrition.

**Wheat Foods Council: The Grains Information Center**
www.wheatfoods.org/
Yummy recipes, gorgeous photos, research updates, and professional resources – everything you wanted to know about grains, but didn't know who to ask. Need some rebuttals to today's low-carb craziness? Check here!