



Resources on the Internet

www.med.wright.edu/chc/healthydayton/resources.htm

Below you will find a list of resources. Some can be downloaded and printed for your use. There are also some resources for purchase, or links to where we obtained some of the materials available for you today.

United States Department of Agriculture, Food and Nutrition Service Eat Smart, Play Hard™

<http://www.fns.usda.gov/eatsmartplayhard/>

Table tent: http://www.fns.usda.gov/eatsmartplayhard/collection/collect_kids_4.html

Brochures: http://www.fns.usda.gov/eatsmartplayhard/collection/parent_broch.html

Power Up With Breakfast -

http://www.fns.usda.gov/eatsmartplayhard/collection/Files/powerbreak_brochure.pdf

Balance Your Day with Food & Play -

http://www.fns.usda.gov/eatsmartplayhard/collection/Files/balance_brochure.pdf

Game sheet: http://www.fns.usda.gov/eatsmartplayhard/collection/kids_activity.html

Power your moves -

<http://www.fns.usda.gov/eatsmartplayhard/collection/Files/ActivitySheets/PowerMoves.pdf>

Power Panther Stickers can be ordered free:

<http://www.fns.usda.gov/eatsmartplayhard/orderform.htm>

BeefNutrition.org

<http://www.beefnutrition.org> or <http://www.beef.org>

One page informational sheets:

Nutrient-Rick Snacks for Success at School -

<http://www.beefnutrition.org/uDocs/ACF2A70.doc>

Everyday Solutions for Everyday Heroes – Like You! -

<http://www.beefnutrition.org/uDocs/ESTP3r.pdf>

The Fitness Connection - http://www.beefnutrition.org/uDocs/FITNESS_tearpad.pdf

The Tween Scene - <http://www.beefnutrition.org/uDocs/ACF1BDE.pdf>

Relax, Recover, Renew -

http://www.beefnutrition.org/uDocs/RELAX_RENEW_%20tearpad.pdf

Childhood Nutrition -

http://www.beefnutrition.org/uDocs/CHILD_NUTRITION_%20tearpad.pdf

It's All About You. Make healthy choices that fit your lifestyle.

Menu Cards

Healthy School Nutrition Resources – page lists downloads

<http://www.beefnutrition.org/matehealthyschoolnutrition.aspx>

Materials and Downloads -

<http://www.beefnutrition.org/matedownloadsforpatientsandclients.aspx>

<p>My Pyramid, steps to a healthier you - http://www.beefnutrition.com/uDocs/ncbamypyramidmini.pdf Naturally Nutrient Rich RECIPES - http://www.beefnutrition.com/uDocs/nnrrecipebook713.pdf</p>	
<p>http://www.ohioapples.org Ohio Apple Growers, Caretakers of the future. http://www.ohioapples.org/oamp/oampwebengine.nsf/\$LookupFileType/Apple_Activity_Guide1.pdf/\$File/Apple_Activity_Guide1.pdf</p>	
<p>American Dietetic Association – EatRight.org http://eatright.org Destination Heart Healthy Eating http://www.eatright.org/Public/NutritionInformation/92.cfm Healthy Habits for Healthy Kids http://www.eatright.org/Public/Files/wellpoint.pdf</p>	
<p>Healthy Dayton http://www.med.wright.edu/chc/healthydayton/ Enjoy Life! Eat Right! Booklet: http://www.med.wright.edu/chc/healthydayton/formsbrochures/healthbook.pdf Bookmarks: http://www.med.wright.edu/chc/healthydayton/resources.htm</p>	
<p>Ohio Soybean Council http://talksoy.com/Home.htm http://www.soyohio.org 4625 Morse Road Suite 101 Columbus, OH 43230 888-SOY-OHIO P: 614.476.3100 F: 614.476.9576</p>	<p>Brochures: Fruit soy smoothie Say “Yes” to Soy! Best of the Best – its Soy Easy . . . to Cook with Soy! (there are 6+ of these) Bean Team Meet the Bean! Soyfoods Guide Active Teens Nutrition for Health</p>
<p>5 a Day™ http://www.5aday.org http://www.cdc.gov/nccdphp/dnpa/5aday/ Brochures – 100 for \$7.95 Band-Aid dispenser - .75 each http://www.shop5aday.com/acatalog/Adhesive_Bandages.html Magnet - .65 each http://www.shop5aday.com/acatalog/Magnet.html Pencil - .23 each or 100 for \$18 http://www.shop5aday.com/acatalog/Pencils.html</p>	
<p>The Veg Advantage™ http://www.vegadvantage.com/ Brochure: The Veg Advantage</p>	