

Healthy Eating at Home

This document is not intended to be an exhaustive list of resources, but is meant to provide ideas for how you and your family can stay healthy at home through healthy eating. Also be sure to take advantage of the high quality resources shared by your childrens' physical and health education teachers via remote learning. The following resources are available to your family at no cost:

[Action for Healthy Kids: Healthy Eating Toolkit](#) This interactive toolkit is meant to inspire you and your kids to eat better and build healthy habits. Visit the website to find recipes, resources, and ideas on a variety of nutrition topics.

[Alliance for a Healthier Generation: Eating Healthy at Home Recipes](#) Use these simple and fun recipes to keep your family healthy and satisfied. Each recipe is designed to be affordable and made with as few widely-available ingredients as possible.

[CATCH Kids: Go, Slow, Whoa](#) Go, Slow, Whoa is a district supported nutrition education program that teaches kids how to make healthier food choices by introducing the concepts of **Go foods** (can be eaten anytime), **Slow foods** (should be eaten only sometimes/less often), and **Whoa foods** (should be eaten only once in a while and in small portions). This Google Drive folder contains the family-based resources from the program.

[USDA MyPlate Kitchen](#) This site provides content about how to eat healthy as well as an [interactive recipe tool](#) that allows you to find healthy recipes based on a variety of factors (e.g., food groups, nutrients, cost, SNAP). Please note that this site is under construction and not all pages are currently functioning as intended.

Learn More About How to Support Healthy Eating in Your Home During COVID-19:

- [COVID-19 Food Safety Q&A](#) from Produce for Better Health Foundation
- [Podcast: "Grocery Shopping, Food Safety and Take-Out in the Age of COVID-19"](#) by Liz Weiss, MS, RDN and Hilary Thesmar, PhD, RD
- [YouTube Video: "What You Must Know About Food, Nutrition, and COVID-19"](#) by Manuel Villacorta, MS, RD
- [Blog Post: "Don't Panic! We Have Food, Please Share"](#) by Marianne Smith Edge, MS, RD, LD, FADA, FAND



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