

## **FRESH FRUIT & VEGETABLE – RESOURCES**

- TEAM NUTRITION, <http://teamnnutrition.usda.gov/>
  - This whole website is an invaluable resource. Highly recommend going through the Browse by Subject navigation links (side bar). You do not have to become a “Team Nutrition” school in order to access all the materials.
  - Resources include (to name a few) FREE posters (see link for example) [http://www.fns.usda.gov/sites/default/files/myplate\\_halfplateposter.pdf](http://www.fns.usda.gov/sites/default/files/myplate_halfplateposter.pdf), print materials & graphics, activities, online games, curriculum (by grades/age), programs/challenges, as well as links to other resource sites.
    - In Resource Library - Related Materials and See Also boxes have additional resource links
- HARVEST OF THE MONTH, <http://www.harvestofthemonth.cdph.ca.gov/>
  - Offers training on program/materials, templates, fruit and vegetable newsletters eng./span. (by season) for educators, family, community and fun activities.
- JUNIOR MASTER GARDENER(JMG), <http://www.jmgkids.us/>
  - Excellent resource for fruit, vegetable, plant, agriculture curriculum/activities. If you have a school garden, want to start one, or just looking for new and wonderful ways to teach about plants, science, math, etc.
- CALIFORNIA SCHOOL GARDEN NETWORK(CSGN), <http://www.csgn.org/>
  - Is a collaboration of state agencies, private companies, education institutions, and non-profit organizations all dedicated to the mission of creating and maintaining school gardens.
  - Has resources to help teach, create, promote, eat, and fund school gardens
- UNIVERSITY OF NEVADA COPPERATIVE EXTENSION,  
<http://www.unce.unr.edu/counties/washoe/reno/programs/>
  - Worth checking out not only for various health and nutrition programs, but for help/resources for gardening or fruit/vegetable information.
- FRUIT & VEGGIES MORE MATTERS,  
<http://www.fruitsandveggiesmorematters.org/heathy-resources>
  - Great resource with print materials, newsletters, videos, recipe and menu ideas. Also information on specific F&V, what’s in season, supermarket advice, how to select, eat, store F&V’s and much more.
- FRUIT & VEGETABLE INFO – Wikipedia.org
  - Provides search for information using many categories (ie) culture, state, country, region, and also provides pictures and scientific classification

- ZIS BOOM BAH, <http://www.zisboombah.com/>
  - Great food and nutrition website for kids, parents, and groups. Highly rated resource that has gathered information from nutritionists, restaurateurs, psychologists, personal trainers, business experts, game experts, and teachers to put together the first online kids nutrition and fitness games that make kids the hero of healthy living!
  - Website created information about healthy food, how to feed your kids, psychological issues around eating healthy and fun ways to cook with your kids. Even better, it provides healthy recipes for kids!
- Nourish Interactive, <http://www.nourishinteractive.com/>
  - Is a free, one stop resource for fun nutrition games for kids and interactive nutrition tools and tips for parents and health educators to use to promote healthy living for the whole family. Created by nutrition and health care professionals, and winner of the Mom's Choice Award for excellence.
- MISL. LESSON & ACTIVITY RESOURCES
  - USDA-FFVP State & Local Resources, <http://www.fns.usda.gov/ffvp/state-and-local-resources>
    - State and locally-developed materials including lesson plans, menus, nutrition information, and fun facts.
  - Preschool Activities & Crafts, <http://www.first-school.ws/theme/nutrition.htm>
    - Fruit & Vegetables related books, and printable activities
  - Education.com, <http://www.education.com/worksheets/vegetables/> OR <http://www.education.com/worksheets/fruits/>
    - Printables and worksheets by grade level
  - Produce for Better Health Foundation (pbh) <http://www.pbhfoundation.org/search.php?Match=1&Realm=All&Terms=curriculum>
    - "There's a Rainbow on My Plate" curriculum and activity sheets for K-6 as well as other resources
  - Academy of Nutrition and Dietetics, [www.eatright.org/kids](http://www.eatright.org/kids)
    - Primarily targeted to parents, great resource for materials sent home or a nutrition feature in the school newsletter. Can be incorporated into nutrition education and is also broke out by age groups from babies to teens.