

Resource	Description
<a href="http://extension.usu.edu/foodsense">http://extension.usu.edu/foodsense</a>	• The Food \$ense consumer website. Has a database of dozens of Food \$ense approved recipes, with more being added regularly. Teaches consumers how to plan menus, make food budgets, food safety basics, and basic cooking skills. Also is the location for Online FS Lessons.
<a href="http://extension.usu.edu/fscreate">http://extension.usu.edu/fscreate</a>	• Under the “Staff Menu”, there are many resources available. Pay special attention to “FS Lessons Archive” and “FS Handout Archive” in the left-hand column. You will find lots of topic specific info and handouts for a wide variety of topics.
<a href="https://snaped.fns.usda.gov">https://snaped.fns.usda.gov</a>	• Contains the USDA/FSP pamphlets and fact sheets for SNAP-Ed. Pay special mind to the “Nutrition Education Tools” on the left-hand side of the page. Tools listed include a “Seasonal Produce Guide”, “Nutrition Apps and Games”, and “Handouts and Websites”.
<a href="http://www.choosemyplate.gov">http://www.choosemyplate.gov</a>	• The government “MyPlate” website. Contains information about each of the food groups and their health benefits, as well as a BMI calculator. Also included are print materials and apps and programs to help track fitness.
<a href="http://www.eatright.org">http://www.eatright.org</a>	• The Academy of Nutrition and Dietetics. Has research and suggestions for food and nutrition, health and lifestyle, and fitness. It also has nutrition advise and articles for Kids, Parents, Men, Women, and Seniors.
<a href="http://www.fruitsandveggiesmore-matters.org">http://www.fruitsandveggiesmore-matters.org</a>	• Contains nutrition information about fruits and vegetables, storage of fruits and vegetables, meal planning, and recipes. It also contains a “Healthy Kids” section, with activities and ideas for children.
<a href="http://thefamilydinnerproject.org">http://thefamilydinnerproject.org</a>	• Contains Family Mealtime dinner ideas, recipes, games to involve children during meal prep, conversation ideas, videos, success stories, and blogs which are updated regularly.
<a href="http://www.cdc.gov/physicalactivity">http://www.cdc.gov/physicalactivity</a>	• Has the national guidelines for physical activity for all age groups. Also contains the basics for physical activity, data and statistics, and success stories.