

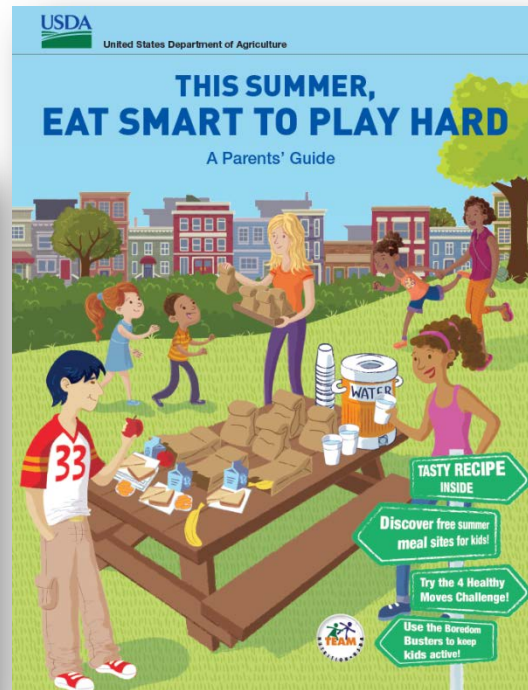


United States Department of Agriculture



New! Team Nutrition Summer Resources

Infographic - Parent's Guide – Summer Food, Summer Moves Kit



SUMMER
FOOD
SUMMER
MOVES



Overview

- **Discover the Materials**
- **Print Materials**
- **Spreading the Word**
- **Questions**



Team Nutrition

Initiative of the USDA's Food and Nutrition Service to support the Federal Child Nutrition Programs



Provides free curricula, resource guides, posters, parent handouts, and other resources

Aims to improve children's lifelong eating and physical activity habits

<http://teamnutrition.usda.gov>

@TeamNutrition



Nutrition Education & Summer Meals

- **Prevent “Summer Slide.”** Help kids maintain healthy eating patterns and get regular physical activity when school is out.
- **Boost Participation.** Offering activities along with a meal, can help motivate more families to attend.
- **Generate Smiles.** Kids love games, challenges, food preparation, and tasting activities.



4 Healthy Moves

THE FOUR HEALTHY MOVES

The goal of *Summer Food, Summer Moves* is to teach these healthy habits to kids and families.



DRINK SMART TO PLAY HARD

Help families cut down on added sugar. Teach kids how to recognize drinks that are high in added sugars. Motivate them to choose water instead of sugar-sweetened beverages. Kids should drink 2 to 3 cups of low-fat (1%) or fat-free milk a day, depending on age.



CHOOSE MORE FRUITS & VEGGIES

Encourage kids to eat fruits and vegetables during meals and snacks. Introduce them to new fruits and vegetables with food tastings and demonstrations.



LIMIT SCREEN TIME

Help kids discover fun ways to stay busy and physically active this summer. Educate families about ways to limit TV and video game time to no more than 1–2 hours each day.



GET ACTIVE

Kids need at least 60 minutes of physical activity each day. Help kids and their families get moving with active games, dancing, and more.



Infographic

- English and Spanish
- Print (packs of 25) and Digital





United States Department of Agriculture

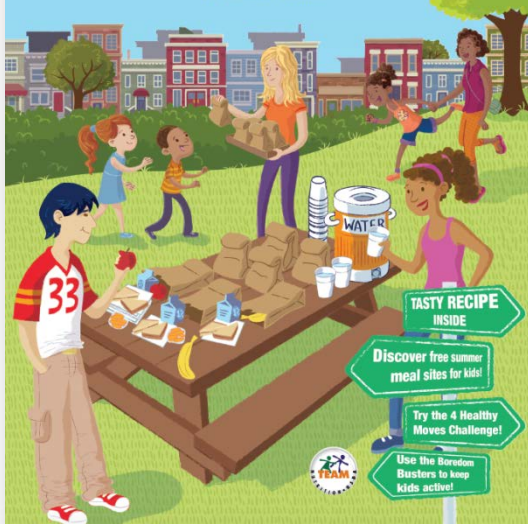
Parent's Guide



United States Department of Agriculture

THIS SUMMER, EAT SMART TO PLAY HARD

A Parents' Guide



TASTY RECIPE INSIDE

Discover free summer meal sites for kids!

Try the 4 Healthy Moves Challenge!

Use the Random Busters to keep kids active!



THE 4 HEALTHY MOVES

1 DRINK SMART TO PLAY HARD

- Thirsty? Choose water instead of sugar-sweetened beverages.
- Make sure your fridge has healthy drinks ready to go. When kids open the fridge and see cold water, they'll likely grab it.
- Drink less sugary sodas, sports drinks, and other sugar-sweetened beverages.
- Offer 100% juice in smaller amounts, 1/2 to 1 cup a day, depending on age.
- Make water more fun by adding sliced fruit or cucumbers.
- Kids should drink 2 to 3 cups of low-fat (1%) or fat-free milk a day, depending on age.

2 CHOOSE MORE FRUITS AND VEGETABLES

- Fill half your plate with fruits and vegetables.
- Have "Try Day" Fridays by eating a new fruit or vegetable each week.
- Keep a bowl of whole fruit like apples, oranges, and bananas on the table.
- Visit a farm or farmers market and try some local produce.
- Try fruit and vegetable options at summer meal sites.

3 GET ACTIVE

- Help your kids get at least 60 minutes of physical activity every day.
- Bored? Make up games. Have relay races, bike, walk, shoot hoops, or play soccer.
- Make up an exciting social event. Have a dance or jump rope contest.
- Take a walk together on summer evenings.

Staying happy and healthy this summer is easy when your family makes the 4 Healthy Moves!

4 LIMIT SCREEN TIME

- Make a family agreement to limit your computer, phone, TV, and video game time to no more than 1-2 hours a day.
- Don't let kids text the night away! Keep phone chargers in the living room, not the bedroom.
- Reconnect your family with nature. Discover a forest or park near you at <http://www.fs.fed.us>.

SERVINGS: 6

SERVING SIZE: 1/2 cup

INGREDIENTS:

- 1 medium zucchini
- 1 medium white onion
- 3 Roma tomatoes
- 1 jalapeño pepper (optional)
- 2 cloves garlic
- 1/2 cup fresh cilantro or parsley, chopped
- 1/2 teaspoon salt
- 1/2 cup lime juice

PREP TIME: 15 MINUTES

Summer Vegetable Salsa

Your whole family will come to the table when you prepare this fresh salsa. It's easy to make and packed with seasonal summer veggies.

DIRECTIONS

- Rinse all vegetables and herbs under cool running water before cutting or eating.
- Dice zucchini, onion, and Roma tomatoes into small pieces and put into a medium bowl.
- Because they can burn the skin, an adult should remove the seeds and remove the jalapeño. "Mince" the garlic. Add the washed and minced jalapeño and garlic to the tomato mixture.
- Add cilantro, salt, and lime juice to the tomato mixture. Stir well.
- Chill in the refrigerator for at least 30 minutes before serving.

OPTIONS

- Grill the vegetables before dicing and adding them to the salsa.
- Instead of zucchini, you could use 1 cup of yellow squash or cucumber in this recipe.
- Add watermelon, peaches, or pineapple for a truly summer salsa.
- Serve with cut-up vegetables or whole-wheat pita chips, or on top of grilled chicken or fish!

NUTRITION INFORMATION

Amount per serving: 1/2 cup. Calories: 25; Total Fat: 0 g; Saturated Fat: 0 g; Sodium: 190 mg; Potassium: 212 mg; Total Carbohydrate: 6 g; Dietary Fiber: 1 g; Sugars: 0 g; Protein: 1 g; Vitamin A: 444 IU; Vitamin C: 10 mg; Vitamin D: 0 IU; Calcium: 19 mg; Iron: 0 mg



FIND MORE GREAT RECIPES AT <http://www.whatscooking.fns.usda.gov>



Try the Family Challenge!

- Take steps to be more physically active, eat healthier, and limit screen time as a family.
- Pick one of the healthy moves below to work on as a family.
- Choose a reward to keep your family motivated. Write it in the space below. It could be a visit to a local park, a picnic, a party, or a trip to somewhere special.
- Each day that your family completes the healthy move, cross off a circle.
- Once you've crossed off all the circles for your healthy move, enjoy your family reward!
- When you have met the challenge for one healthy move, try another!

Our Family Reward:

Write your family's reward here.

1 DRINK SMART TO PLAY HARD

Cross off a circle for every day your family has no sugary or any other sugar-sweetened beverages.

SUN	MON	TUE	WED	THU	FRI	SAT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2 CHOOSE MORE FRUITS AND VEGETABLES

Cross off a circle for every day that your family has fruits or veggies as snacks.

SUN	MON	TUE	WED	THU	FRI	SAT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3 LIMIT SCREEN TIME

Cross off a circle for every day that each member of your family limits screen time to less than 2 hours.

SUN	MON	TUE	WED	THU	FRI	SAT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4 GET ACTIVE

Cross off a circle for every day that each member of your family gets at least 60 minutes of physical activity.

SUN	MON	TUE	WED	THU	FRI	SAT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

THERE'S A SUMMER MEAL SITE NEAR YOU!

Your child can enjoy a delicious, healthy meal with friends at a summer meal site.* Kids age 18 and under eat for free. Some sites also offer games, crafts, and activities that will keep kids of all ages engaged and active.

Visit <http://www.fns.usda.gov/summerfoodrocks> or call 866-348-6479 to find a location near you!

*In areas where at least 50 percent of children are eligible for free or reduced-price school meals, based on local household income data.



Your local summer meal site is located at:

- English and Spanish
- Six Page Brochure (packs of 25)



Summer Food, Summer Moves Kit

Summer Food, Summer Moves

OPERATOR'S ACTIVITY GUIDE

Look inside for over 30 fun games and educational activities to do at your summer meal site!

- Provide families with tips and tools for a healthy summer
- Promote your summer meal site
- Boost attendance



Includes:

- Operator Activity Guide
- 7 Posters
- 6 types of Fliers (150 flyers)
- Activity Placemat (25 placemats)
- 6 Family Activity Guides (150 guides)

Bring More Families to Your Summer Meal Site with These Fun and Easy Activities!

"Even after [the activity] they were still talking about it, so that's successful."

—Summer Meals Site Operator, NJ

"I like how [the activity] encourages kids to try new things."

— Parent, Philadelphia, NJ

"Before the activities, kids would eat and leave, some would stay and play for half an hour. They stayed longer with the activities."

— Summer Meals Site Operator, Community Center, MI

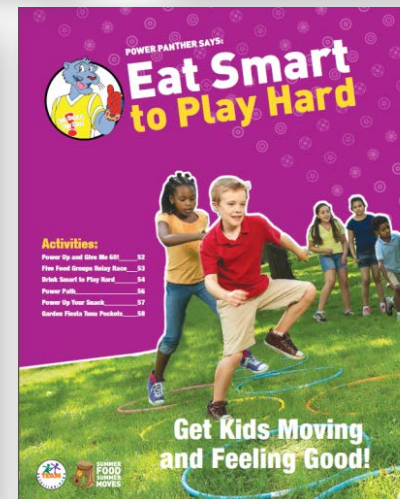
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Getting Started: Six Summertime Themes	1
Materials for Your Summer Meal Site	2
Adapted Activities for Children Needing Functional Supports	3
Important Food Safety Information	4
Food Allergies	5
Words To Know	6
Activities	7

Activity Index

THEME	ACTIVITY	DIFFICULTY			PAGE
		LOW PREP-O-METER	MEDIUM PREP-O-METER	HIGH PREP-O-METER	
SUN	Colorful Fruits and Veggies	X			8
	Lights! Camera! Water!	X			9
	Fruit and Veggie Trivia	X			10
	Bring the Heat 2-Minute Challenge		X		12
	Water Sparklers		X		13
	Fruity Fun Chicken Salad Cups			X	14
STAY COOL	Jump in for Healthy Choices	X			16
	The Big Wind Blows	X			18
	Water Safety Tips	—	—	—	19
	Hot Tomato		X		20
	Fruit and Veggie Waters		X		21
	Cool Cucumber Yogurt Dip			X	22
MUSIC & DANCE	Red Pepper, Green Pepper, Chili Pepper	X			24
	Movie Moves Party Game	X			25
	Collaborative Poetry Slam		X		26
	Screen-Free Limbo Challenge	X			28
	Get Down With Bell Peppers		X		29
	Berry Jams Party Bites			X	30
FRIENDSHIP	Ultimate <i>MyPlate</i>		X		32
	Circle of Friends Cheer	X			33
	That's What Friends Are For		X		34
	Game Inventors	X			36
	Melon Medley		X		37
	Summer Vegetable Salsa			X	38
CELEBRATIONS	Cheer and Leap Game	X			40
	Herb Gardening			X	41
	Play Hard Activity Cube		X		42
	My Party Plate		X		44
	Garden Fiesta Tuna Pockets			X	46
	Power Up and Give Me 60!	X			48
SPORTS	Five Food Groups Relay Race	X			49
	Drink Smart To Play Hard		X		50
	Power Path		X		52
	Power Up Your Snack		X		53
	Home Run Hummus Wrap			X	54

Operator Activity Guide



SUMMER FOOD SUMMER MOVES



Operator Activity Guide

Lights! Camera! Water!

Give kids a chance to turn off the television and become the entertainment! Kids will create and perform short commercials about the benefits of drinking water in this fun drama activity.



**CHOOSE WATER
INSTEAD OF SUGAR-
SWEETENED DRINKS**



STEP-BY-STEP DIRECTIONS

- ASK:** "Have you ever seen a commercial for a soda, energy drink, or other drinks that have added sugars? What was it like? Now... have you ever seen a commercial for water? Why do you think there are more commercials for sugar-sweetened beverages, like soda, than for water?"
- SAY:** "Water is healthy and free, but not well advertised. Did you know that plain water doesn't have any added sugars? So it's better to help keep a healthy weight and prevent cavities than sugar-sweetened beverages. Best of all, ice-cold water tastes great on a hot day! Today you are going to make up a commercial to help spread the word about the benefits of water."
- DO:** Divide kids into small groups of 2-4, or have them make a group with a few friends. Explain the rules (below). Give kids 10-15 minutes to create and rehearse their skits.

Your commercial must have:

- A catchy slogan about drinking water
- A scene that shows kids choosing water
- Three reasons why water is a great drink choice

- PERFORM:** Set up a "stage" and a place for the audience to sit. Groups take turns performing. Encourage the audience to clap for each group.
- WRAP-UP:** "That was awesome! You did a great job spreading the word about the benefits of water. Remember, water is refreshing and good for you, especially on hot days in the summer. Instead of reaching for a sugary drink, choose water!"



Show kids the water poster to give them some ideas!



Great turnout for our summer meals, summer fun event at (insert name of location)! The fun continues on (date).

OPTIONAL FOLLOW-UP:

- Give kids time to drink water after performances.
- Invite family members to join the audience.

Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, simplify the rules and provide a catchy slogan, such as, "Choose water every day!"	For smaller groups, make groups of 2 work together to create a commercial to perform for families.	If you have more time, let audience members give compliments after performances.
For older kids, let them be the directors or ask them to create a jingle.	For bigger groups, make groups of 4-5.	If you have less time, ask kids to create posters rather than skits individually or in small groups.

No materials? No time? No problem!

Say: "I want to motivate kids to choose water instead of sugar-sweetened drinks like soda and energy drinks. Can you think of a catchy slogan to get kids like you to drink more water?"

**EAT FRUITS AND
VEGETABLES AT
MEALS & SNACKS**



Jump in for Healthy Choices

Kids will learn to identify "Sometimes Foods" and "Everyday Foods" with this active and easy, and ready-to-go game that can be played outdoors, or indoors on a hot day.



PERFECT FOR...

- Ages: 5-10
- Size of Group: Any size
- Time: 10-30 minutes
- Setting: Outdoors, Indoors

MATERIALS

MyPlate icon (p. 21)
Note: you can request a **MyPlate** poster from Team Nutrition at <http://teammnutrition.fns.usda.gov>

SET UP

None

See below "Make It Your Own" for different ages, group sizes, and time available.



Refer to the summer snacks poster for delicious ways to enjoy Everyday Foods!

STEP-BY-STEP DIRECTIONS

- DO:** Gather kids into a circle and show the **MyPlate** icon (p. 21), or display the **MyPlate** poster.
- SAY:** "To be healthy, we need to eat foods from each of the five **MyPlate** Food Groups. Who knows what the Five Food Groups are? (Fruits, Vegetables, Grains, Dairy, and Protein Foods). You can see all of the food groups on the **MyPlate** icon. These foods provide nutrients that our bodies need to be healthy.

The healthiest food choices from these food groups are low in added sugars and saturated fats. **Everyday Foods** are foods that have a lot of nutrients we need without a lot of extra calories from added sugars and saturated fats. These foods help us stay healthy and strong and should be eaten often.

Foods that are high in added sugars and saturated fats are called **Sometimes Foods** because they provide extra calories without nutrients, like vitamins and minerals. We should eat **Sometimes Foods** less often and in smaller amounts. Eating too many **Sometimes Foods** makes it difficult to get the nutrition we need to be healthy and can make it hard to stay healthy.

Today we are going to play a fun game to test your knowledge of **Sometimes Foods** and **Everyday Foods**."

PLAY: Have kids pretend they are standing around a swimming pool or a big lake. Tell kids that when you say a food, they have to decide if it is a **Sometimes Food** or a healthy **Everyday Food**. If it is an **Everyday Food**, they jump forward. If it is a **Sometimes Food**, they jump back. Call out foods from the list on page 21.

WRAP-UP: "Great job! Remember, water, low-fat and fat-free milk are "Everyday" drink choices. Regular soda, sports drinks, sweet tea, and fruit drinks are "Sometimes" drink choices because they have added sugars. Fruits, vegetables, whole grains, lean protein foods, and low-fat dairy can be great **Everyday Foods** as long as we do not add sugars, butter, and other sauces to them. Cakes, cookies, and candies are **Sometimes Foods** because they contain saturated fats and added sugars which are not good for our bodies. Remember to eat smart to play hard.

OPTIONAL FOLLOW-UP:

- Start slowly and then speed up to increase the fun and the giggles.
- Continue using the words **Everyday Foods** and **Sometimes Foods** when you can.

Make It Your Own

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, play slowly.	For smaller groups, have kids pretend they are standing in line for a diving board.	If you have less time, play with fewer foods.
For older kids, let them act as activity leaders by having them call out foods on the list.	For bigger groups, make sure there is enough space for everyone to jump in safely.	If you have more time, ask everyone to share a fruit or vegetable that they like to eat.

No materials? No time? No problem!

Try this quick tip when kids are eating. Read aloud Step 2 and ask kids to say "Everyday" or "Sometimes" when you call out a food from the list on page 21.

Summer Food, Summer Moves Recipes



Berry Jams Party Bites



Garden Fiesta Tuna Pockets



Home Run Hummus Wrap



Summer Vegetable Salsa



**Fun Fruity Chicken Salad
Cups**



Cool Cucumber Yogurt Dip



United States Department of Agriculture

Posters

- English and Spanish
- Initial kit will include 1 poster set
- Additional sets will be available to order



Activity Placemat

USDA
United States Department of Agriculture

Summer Food Summer Moves

Quick! Do 10 Firecracker Jumps.
Jump with your arms and legs exploding out.

CRACK THE SECRET CODE
Use your detective skills and the code at right to complete the activity

1) Fill half your plate with and

2) Get 60 minutes of each day

3) Choose instead of

4) Balance your day with food and

5) Eat fruits and vegetables at and

6) Eat to play hard

CODE

A		N	
B		O	
C		P	
D		Q	
E		R	
F		S	
G		T	
H		U	
I		V	
J		W	
K		X	
L		Y	
M		Z	

Draw a healthy summertime meal here.

LOL!

Q: WHAT DID THE FATHER TOMATO SAY TO THE BABY TOMATO ON A FAMILY WALK?
A: KETCHUP!

Q: WHAT VEGETABLES ARE A SAILOR'S ENEMY?
A: LEEKS!

AN SWEET: 1) fruits, vegetables 2) physical activity 3) water, sugar-free drinks 4) play 5) milk, snacks 6) smart

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- English and Spanish
- Initial kit will include 25 copies
- Additional packages of 25 will be available for order





United States Department of Agriculture

Flyers

- English and Spanish
- 25 of each will be in the initial kit

USDA United States Department of Agriculture

Fruits. Veggies. Friendships.
Discover good things that grow in the sun.



Who?
All kids age 18 and under

What?

- Fun activities
- Healthy, free meals
- Friends, old and new

Visit a summer meal site:

ADDRESS
OPERATING HOURS
PHONE
EMAIL

Join us for friends, games, meals, and activities!

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Stay Cool at Summer Meals!
Where All the Cool Kids Go



Who?
All kids age 18 and under

What?

- Fun activities
- Healthy, free meals
- Friends, old and new

Visit a summer meal site:

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OPERATING HOURS
PHONE
EMAIL

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MOVIN' With Summer Meals
Turn Off the Screens, Turn On the Music!



Who?
All kids age 18 and under

What?

- Fun activities
- Healthy, free meals
- Friends, old and new

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REMEMBER: Friends Don't Let Friends Sit Inside All Summer!



Who?
All kids age 18 and under

What?

- Fun activities
- Healthy, free meals
- Friends, old and new

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FRIENDS FOOD FUN
Three Reasons To Celebrate Summer!



Who?
All kids age 18 and under

What?

- Fun activities
- Healthy, free meals
- Friends, old and new

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AT SUMMER MEALS, KIDS WILL Eat Smart To Play Hard



Who?
All kids age 18 and under

What?

- Fun activities
- Healthy, free meals
- Friends, old and new

Visit a summer meal site:

ADDRESS
OPERATING HOURS
PHONE
EMAIL

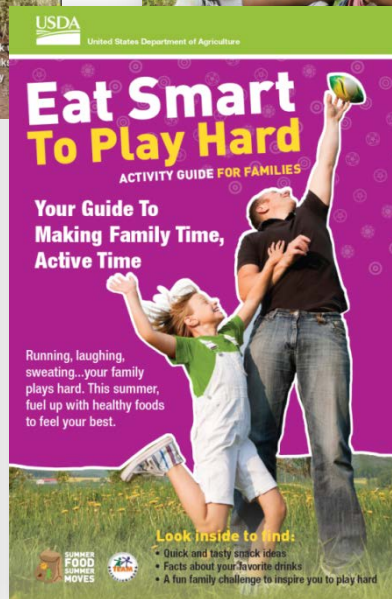
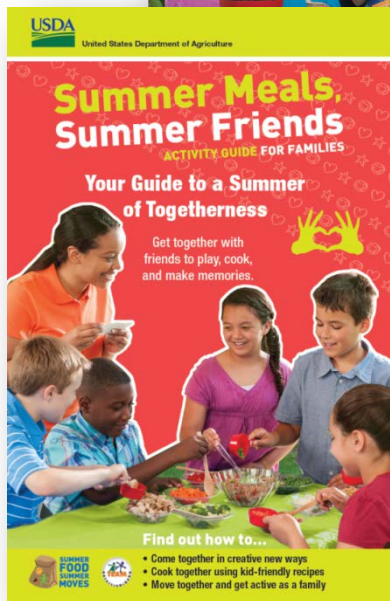
Join us for friends, games, meals, and activities!

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Family Activity Guides



- English and Spanish
- Initial kit will include 25 copies
- Additional packages of 25 will be available for order





United States Department of Agriculture

All Materials Available in English AND Spanish

- Bríndales a las familias consejos y herramientas para que tengan un verano saludable.
- Promociona tu Sitio de Alimentos de Verano.
- Fomenta la asistencia.

Encuentra adentro del folleto:

- Ideas para meriendas rápidas y sabrosas
- Datos sobre tus bebidas favoritas
- Un divertido desafío familiar para inspirarte a jugar con ganas

Encuentra adentro del folleto:

- Ideas para meriendas rápidas y sabrosas
- Datos sobre tus bebidas favoritas
- Un divertido desafío familiar para inspirarte a jugar con ganas

Encuentra adentro del folleto:

- Nuevas maneras refrescantes de tomar agua
- Azúcares ocultos en bebidas

Frutas, Granos, Vegetales, Proteína, Lácteos

¡Rápido! Haz 10 saltos explosivos. Salta con los brazos y las piernas de manera explosiva.

DESCIFRA EL CÓDIGO SECRETO

Usa tus habilidades de detective y el código que aparece a la derecha para completar la actividad.

1) Llena la mitad de tu plato con...

2) Practica 60 minutos de...

3) Elige...

4) Equilibra tu día con alimentos y...

5) Come frutas y vegetales en...

6) Aliméntate...

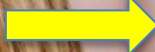
¡El agua no tiene azúcar adicional! Es deliciosamente refrescante y ¡GRATIS!

*Caminar de 45 a 60 minutos quemará 126 calorías. La bebida azucarada que contiene 126 gramos de azúcar quemará 126 calorías. La bebida azucarada que contiene 126 gramos de azúcar quemará 126 calorías. La bebida azucarada que contiene 126 gramos de azúcar quemará 126 calorías.



United States Department of Agriculture

Free Materials



Team Nutrition

How To Apply

- Become a TN School

Popular Topics

- About Team Nutrition
- MyPlate
- Resource Library
- Resource Order Form
- HealthierUS School Challenge
- Graphics Library
- Training Grants
- Team Up
- Local Wellness Policy

Other Useful Links

- Best Practices Sharing Center
- Healthy Access Locator
- Healthy Meals Resource System
- Healthier School Day

Team Nutrition

MyPlate for Kids

Free songs, posters, lessons, books, handouts, and more.

FOOD GROUP RELAY

DAIRY GRAINS VEGETABLES FRUITS PROTEIN FOODS

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

Spotlights

Recent HUSSC:SL Award Winners from AK, DE, FL, IL, IN, MD, MI, MO, NH, NJ, OH, SC, TN and WV

Team Nutrition's School Breakfast Materials

Nutrition and Wellness Tips for Young Children: Spanish version now available in print!

Team Nutrition MyPlate eBooks are now available!

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<http://teamnutrition.usda.gov>

Spreading the Word

- MyPlate Facebook Posting
- USDA Blog
- E-Mail Announcement
- PartnerWeb
- Upcoming Webinars
- Conferences/Presentations
- Newsletters
- @TeamNutrition



Contact Us!



USDA Team Nutrition:
TeamNutrition@fns.usda.gov

Questions?

