

## Nutrition Across the Lifespan **RESOURCE Guide**

### **Use 3-Step Counseling techniques for Parent Education**

- Ask open-ended questions
- Affirm – shine the light on what they’re doing well
- Educate – provide simple bits of information, resources and referrals

### **Make referrals as needed:**

- Healthcare provider
- Registered dietitian
- WIC and SNAP for food supplement programs
- WIC nutritionist

### **Identify local resources for food:**

- Fresh markets, community farm markets, community gardens where families can get fresh food.
- Food pantries and churches that offer food to low-income families

### **Messages for Families**

- Enjoy your food, but eat less
- Avoid oversized portions
- Make half your plate fruits and vegetables, focusing on whole fruits and a variety of vegetables
- Make at least half your grains whole grains
- Vary proteins to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry
- Choose low-fat or fat-free milk and yogurt
- Drink and eat less sodium, saturated fat, and added sugars
- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers
- Drink water instead of sugary drinks

## Nutrition Across the Lifespan RESOURCE Guide

### ChooseMyPlate.gov Resources for Family Education and Support

#### Education:

- 10 Tips to a Great Plate – [English](#) and [Spanish](#)
- Eat the MyPlate Way - [English](#)
- Be An Active Family – [English](#) and [Spanish](#)
- Eating Better on a Budget – [English](#) and [Spanish](#)
- Let’s Eat for the Health of It – [English](#) and [Spanish](#)

#### Meal Planning:

- Plan, Purchase and Prepare - [English](#)
- Sample 2-Week Menus - [English](#)
- Grocery List - [English](#)
- Pantry Staples List - [English](#)
- Healthy Eating on a Budget Cookbook - [English](#)
- [What’s Cooking? USDA Mixing Bowl](#) - an interactive tool with recipes to help with healthy meal planning, cooking, and grocery shopping

---

#### Cultural Competency Related to Food Practices

- [Ethnic and Cultural Resources](#) – background and practical resources for working with various ethnic/cultural groups - USDA National Agricultural Library
- [Healthy Plates Around the World](#), The Institute for Family Health – a series of “Healthy Plates” to help patients lose weight and manage diabetes and other conditions. “Healthy Plates” are easy to use and are available in several designs: American, Criollo (Puerto Rican/Dominican, Soul Food, West African and Mexican

---

#### Food Resources for Low-Income Families

- [SNAP](#) – nutrition assistance to eligible, low-income families
- [WIC](#) - provides supplemental foods, health care referrals, nutrition education, and breast-feeding promotion and support to low-income parents
- [National School Lunch Program](#) - provides nutritionally balanced, low-cost or free lunches to children each school day
- [School Breakfast Program](#) - provides cash assistance to states to operate nonprofit breakfast programs in schools and residential childcare institutions
- [Afterschool Food Program](#) - give children and teenagers the nutrition they need, and draw them into constructive activities that are safe, fun, and filled with opportunities for learning
- [Summer Food Service Program](#) - ensures that low-income children continue to receive nutritious meals when school is not in session