

# PARENT RESOURCE LIST

## Books

**American Dietetic Association Guide to Healthy Eating For Kids.** By Jodie Shield and Mary Catherine Mullen. 2002.

**Dr. Richter's Fresh Produce Guide.** By Dr. Henry Richter. 2005.

## For Recipes

**United States Department of Agriculture**

**Food Stamp Nutrition Connection Recipe Database**

**(<http://recipefinder.nal.usda.gov/index.php>) En Espanol**

A database of recipes that include nutritional information for each recipe. You can search by type of dish (side, main course, salad) or by ingredient.

**Fruits and Veggies More Matters Produce for Better Health Foundation**

**([www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org))**

Under the cooking link on this Web site, find a searchable database of fruit and vegetable recipes.

**Centers for Disease Control and Prevention**

**([www.fruitsandveggiesmorematters.gov](http://www.fruitsandveggiesmorematters.gov))**

Provides a large selection of recipes from appetizers to desserts and for breakfast, lunch, dinner, and snacks.

**Kids Health**

**([www.kidshealth.org/kid/recipes/index.html](http://www.kidshealth.org/kid/recipes/index.html))**

This Web site has recipes for both parents and teenagers, as well as recipes for vegetarians and kids with cystic fibrosis, lactose intolerance, celiac disease and diabetes.

## Web sites

***Suggested Additions***

**University of California Cooperative Extension UC Davis**

**([www.celosangeles.ucdavis.edu](http://www.celosangeles.ucdavis.edu))**

Offers a 4H Youth Development program, as well as Nutrition Family and Consumer Science programs for Food Stamp recipients.

**Children's Health Access and Medi-Cal Program (CHAMP)**

**([http://notebook.lausd.net/portal/page?\\_pageid=33,167035&\\_dad=ptl&\\_schema=ptl\\_ep](http://notebook.lausd.net/portal/page?_pageid=33,167035&_dad=ptl&_schema=ptl_ep))**

**Free** service that aids parents in filling out Food Stamp applications.

**211**

**([www.lacounty.org](http://www.lacounty.org))**

For information on free fresh food programs and in finding local food stamp offices.

**California Parent Teacher Association**

**([www.capta.org/parent-resources.html](http://www.capta.org/parent-resources.html))**

Provides diverse range of ideas for nutrition

**Network for a Healthy California Latino Campaign**

**([www.cdph.ca.gov/PROGRAMS/CPNS/Pages/LatinoCampaign.aspx](http://www.cdph.ca.gov/PROGRAMS/CPNS/Pages/LatinoCampaign.aspx))**

Provides community events and resources for the Latino Communities throughout Los Angeles.

**Los Angeles Regional Food Bank**

**([www.lafoodbank.org/](http://www.lafoodbank.org/))**

Provides information on local food pantries localized by zip codes.

**City of Los Angeles Department of Recreation and Parks**

**([www.laparks.org/](http://www.laparks.org/))**

Offers Free Food programs

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## **United States Department of Health and Human Services Dietary Guidelines for Americans**

([www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines))

The Dietary Guidelines for Americans has been published jointly every 5 years since 1980 by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The Guidelines provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases. They serve as the basis for Federal food and nutrition education programs.

## **United States Food and Drug Administration (FDA) Nutrition Facts Label**

([www.cfsan.fda.gov/label.html](http://www.cfsan.fda.gov/label.html))

Web site provides nutrition labeling information. Information also available on sanitation and safety; food recalls. Learn how to understand and use the nutrition facts label.

## **United States Centers for Disease Control and Prevention Nutrition and Physical Activity**

([www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa))

This Web site links to many other resources related to nutrition, physical activity, and obesity.

## **United States Department of Agriculture Nutrition Information**

([www.nutrition.gov](http://www.nutrition.gov))

Provides online access to government information on food and nutrition for consumers.

## **MyPyramid**

(<http://www.mypyramid.gov/>)

The MyPyramid Food Guidance System is the interactive healthy eating campaign to help children and adults make positive change toward healthier living. You can create your own personal Pyramid according to your age and level of physical activity. This site has links to the many interactive aspects of MyPyramid as well as links to the Dietary Guidelines for Americans.

## **Meals Matter**

([www.mealsmatter.org/](http://www.mealsmatter.org/)) **En Español**

This Web site has a helpful meal planning tool that allows you to create a weekly meal plan online. You can also find many helpful tips about meal preparation as well as many quick and easy recipes.

## **Fruits and Veggies More Matters**

([www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org))

This Web site offers useful tips about how to incorporate more fruits and vegetables into your diet including recipes, information about fruits and vegetables, and a message board for parents to discuss various issues related to fruits and vegetables and nutrition.

## **Eat Smart Play Hard**

(<http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle>) **En Español**

This site is specifically designed for parents and caregivers to provide information to help you eat better, be more physically active and be a role model for your kids.

## **Team Nutrition: Information for Parents**

(<http://teamnutrition.usda.gov/parents.html>)

Team Nutrition, the nutrition education arm of the school meals program, recognizes the important role parents play in helping children develop healthy lifestyles. This Web site links you to a wide variety of Team Nutrition materials and information.

## **Action for Healthy Kids**

(<http://www.actionforhealthykids.org/>)

Action for Healthy Kids is the only nonprofit organization formed specifically to address the epidemic of overweight, undernourished and sedentary youth by focusing on changes at school. At this Web site you will find many resources including an entire section dedicated to school wellness policies (Wellness Policy Tool).

## **Kidnetic**

([www.kidnetic.com](http://www.kidnetic.com)) **En Español**

This Web site is kid and parent friendly, packed with activities and tips on how to eat healthier.

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### **School Wellness Policies**

(<http://www.schoolwellnesspolicies.org/>)

As of the fall of 2007, all schools in the United States that participate in the National School Meals Program were required to have a School Wellness Policy in place. Learn more about what a school wellness policy means and how schools are implementing these new policies.

### **Resources for Public Internet Access**

#### **Los Angeles Public Library**

Access the internet for FREE from any branch of the Los Angeles Public Library ([www.lapl.org](http://www.lapl.org)). There are branches of the Los Angeles Public Library throughout the city. Call the central library at **213-228-7272** to find the branch nearest you. Library branch hours: Monday through Thursday 10-8, Friday 10-6, Saturday 10-6, Sunday 1-5.

**For more information on Nutrition Education resources for Parents,  
contact the *Network* office at (818) 609-2550.**

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