

Parent Resources

If you are hungry to learn more about healthy eating and getting active, check out the following books and websites.

Have a great resource that's not listed here? Tell us about it! Please e-mail info@healthylaasd.net.

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.

Recipes

United States Department of Agriculture Recipe Finder (English and Spanish)

This website provides a database of recipes that includes nutritional information for each recipe. You can search by type of dish (side, main course, salad) or by ingredient.

Fruits and Veggies More Matters (Centers for Disease Control)

This website has a searchable database of fruit and vegetable recipes.

Kids Health (English and Spanish)

This website has recipes for kids, teens and parents, as well as recipes for vegetarians and kids with cystic fibrosis, lactose intolerance, celiac disease and diabetes.

Additional Resources

Action for Healthy Kids

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 website you will find many resources including an entire section dedicated to school wellness policies (Wellness Policy Tool).

California Parent Teacher Association

Provides diverse range of ideas for nutrition

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

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

City of Los Angeles Department of Recreation and Parks

Offers **Free** Food programs

Eat Smart Play Hard (English and Spanish)

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.

Kidnetic (English and Spanish)

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

Los Angeles County

or dial “211” For information on free fresh food programs and in finding local food stamp offices.

Los Angeles Public Library

Access the internet for **FREE** from any branch of the Los Angeles Public Library. 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 hours vary by branch.

Los Angeles Regional Food Bank

Provides information on local food pantries. Find the pantry in your area by zip code.

Meals Matter (English and Spanish)

This website 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.

MyPlate

The MyPlate Food Guidance System is the interactive healthy eating campaign to help children and adults make positive change toward healthier living. This site has links to the many interactive aspects of MyPlate as well as links to the Dietary Guidelines for Americans.

Network for a Healthy California Latino Campaign

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

School Wellness Policies

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.

Team Nutrition: Information for Parents

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

United States Centers for Disease Control and Prevention (Division of Nutrition, Physical Activity and Obesity)

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

United States Department of Agriculture Nutrition Information

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

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

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

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

University of California Cooperative Extension UC Davis

Offers a 4H Youth Development program, as well as nutrition, family and consumer science programs for food stamp recipients.

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