

The following are web sites that may be of interest to parents and students for information about nutrition, health, and family related issues.

www.familyfoodzone.com

www.dole5aday.com

www.Kidnetic.com

[http://www.fns.usda.gov/tn/Students/Food Family/index.html](http://www.fns.usda.gov/tn/Students/Food_Family/index.html) Food, Family and Seasonal Guide to Healthy Eating Food and Nutrition Services, USDA – Recipe ideas, shopping tips for healthy eating during each season. Includes activities for children saving ideas.

www.kidsnutrition.org Baylor College of Medicine, Child Nutrition Research Center, Agricultural Research Service, USDA - Serves as a gateway to research information resources in maternal and child nutrition.

<http://www.nal.usda.gov/fnic/pubs/bibs/gen/childlit.html> Food and Nutrition information or

<http://www.nal.usda.gov/fnic/etext/000100.html>

www.healthierus.gov/dietaryguidelines The 2005 Dietary Guidelines for Americans

<http://asfsa.org> School Nutrition Association

www.kidsdomain.com Family ideas for crafts, games, clipart along with topics ranging from pregnancy to child development.

www.nutnutrition.com Are you nuts about nuts? Discover information on nutrients and health tips.

www.vegcooking.com

www.eatright.com

www.schoolnutrition.org

www.mnsfsa.org