



Increasing Children's Fruit and Vegetable Exposure: Tools for Practitioners Serving Families Experiencing Limited Income

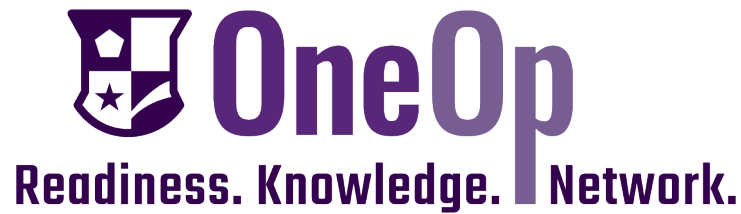
March 1: 12:00 pm-1:00 pm EDT

For more information and further reading:

1. **Windy WISE website** has the 10 top practice guides for tasting/trying here: <https://www.windywise.org/Resources>
2. The **SNAP ED toolkit** has searchable resources to meet the target intervention population: <https://snapedtoolkit.org/interventions/find/>
3. **Cooking Matters** has great materials designed for low-income households including families with young children.
 - <https://cookingmatters.org/community-resources/>
 - <https://cookingmatters.org/tips/>
4. **Head Start** has a nice webpage of resources for Early Childhood Education providers: <https://eclkc.ohs.acf.hhs.gov/nutrition>
5. **No Kid Hungry** has a “find free meals for kids” resource map: <https://www.nokidhungry.org/find-free-meals>
6. **Partnership for Healthier America** works to equitably address access to healthy foods. They are also involved in the “veggies early and often” initiative. <https://www.ahealthieramerica.org/>
7. **USDA Food and Nutrition Service** Programs – Lists programs through the USDA for food and nutrition assistance to a variety of populations. Also has eligibility requirements and state-specific information for each. <https://www.fns.usda.gov/programs>
8. **CDC: Nutrition** – Information on population nutrition, nutrition in specific populations, data, and statistics. <https://www.cdc.gov/nutrition/>

Specifically, see the following:

- **CDC: Guidelines and Recommendations** – Public health approaches to improving nutrition in the general population. <https://www.cdc.gov/nutrition/strategies-guidelines/index.html>



- **CDC: Infant and Toddler Nutrition** – Has information on infant and toddler needs, including breastfeeding, transitioning to solid foods, and specific nutrient requirements. <https://www.cdc.gov/nutrition/InfantandToddlerNutrition/index.html>
9. **Dietary Guidelines for Americans, 2020 – 2025** – includes specific information on current dietary guidelines for people of all age groups.
https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf

For specific information on dietary needs for children from infancy to adulthood, see the following chapters:

- **“Chapter 2: Infants and Toddlers”** (p. 51)
- **“Chapter 3: Children and Adolescents”** (p. 69)