



United States
Department of
Agriculture

National Institute
of Food
and Agriculture

4-H National
Headquarters

USDA Healthy Living Resources

The USDA has a variety of resources to promote healthy living for youth. The following resources are available from different programs under the USDA. The resources are divided by the healthy living category that they fall under – nutrition, physical activity, and injury prevention.

Nutrition & Physical Activity - Nutrition Education

[Team Nutrition](#) – Food and Nutrition Service (FNS)

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. Team Nutrition offers resources to schools, child care settings, and summer meal sites designed to help children have the knowledge, skills, and motivation to make healthy food and physical activity choices as part of a healthy lifestyle.

[Team Nutrition Garden Resources](#) - Food and Nutrition Service (FNS)

Gardens are living laboratories that create teaching opportunities ripe for nutrition and agriculture education and experiential education across all disciplines. Team Nutrition offers free garden-based nutrition education resources for preschool through 8th grade.

[MyPlate Kids' Place](#) – Center for Nutrition Policy and Promotion (CNPP)

Ready to have some fun? The MyPlate Kids' Place has games, activity sheets, videos, songs and more to encourage elementary school children to eat healthy and move more. Kids can pledge to eat healthy and be active every day to become a MyPlate Champion, and receive a printable certificate. A section for parents and educators provides supporting resources.

[MyPlate, MyWins for Families](#) – Center for Nutrition Policy and Promotion (CNPP)

MyPlate, MyWins is all about finding a healthy eating style that works for your family and fits with your everyday life. The MyPlate icon is a reminder to make healthy choices from each of the five food groups, and there are many small changes you can make that add up to big success over time. Here you'll find fun, practical tips and tools that have worked for other families. Give some a try, and discover "wins" for your own family.

[SuperTracker](#) - Center for Nutrition Policy and Promotion (CNPP)

SuperTracker is an interactive food, physical activity, and weight tracking tool that serves as the public interface for the Dietary Guidelines for Americans. By using the online tool, users can determine what and how much to eat, track foods, physical activities and weight, personalize with goal setting, virtual coaching, and journaling, and run detailed reports that analyze food group and nutrient content of foods eaten. New to SuperTracker are SuperTracker Groups; now groups of people can now use SuperTracker to work toward their health and wellness goals together.

[SuperTracker Nutrition Lesson Plans for High School Students](#) – Center for Nutrition Policy and Promotion (CNPP)

This series of lesson plans is designed to help high school students learn how to build a healthy diet using SuperTracker. Each lesson plan includes learning objectives, detailed instructions, and accompanying resources and handouts.

[Summer Food, Summer Moves](#) – Food and Nutrition Service (FNS)

Summer Food, Summer Moves is a fun, hands-on resource kit designed to get kids and families excited about healthy eating and physical activity during the summer months. The kit is designed for use by summer meal site operators and focuses on using music, games, art, and movement to motivate kids and families to choose more fruits and vegetables, choose water instead of sugary drinks, get enough physical activity every day, and to limit screen time. Web site:

[Ten Tips Nutrition Education Series](#) – Center for Nutrition Policy and Promotion (CNPP)

The Ten Tips Nutrition Education Series from ChooseMyPlate.gov provides consumers and professionals with high quality, easy-to-follow tips in a convenient, one-page printable format. These are perfect for posting on a refrigerator or bulletin board.

[SNAP-Ed Connection](#) – Food and Nutrition Service (FNS)

The SNAP-Ed Connection is an online resource center for State Agencies, SNAP-Ed staff and partners, and people seeking information about SNAP-Ed, the nutrition education and obesity prevention program of the Supplemental Nutrition Assistance Program (SNAP). It is a one-stop-shop for a plethora of resources, including direct education materials focused on nutrition and physical activity promotion; social marketing campaigns, and evaluation tools. The site's SNAP-Ed Library houses a database of helpful publications, ranging from the SNAP-Ed Strategies & Interventions: An Obesity Prevention Toolkit for States (commonly known as the SNAP-Ed Toolkit) to education curricula from specific states. SNAP-Ed materials can be useful for individuals conducting programs that incorporate nutrition education and obesity prevention efforts and can be tailored to other target audiences, as necessary.

Nutrition - Nutrition Promotion

[Team Nutrition Popular Events Idea Booklet](#) – Food and Nutrition Service (FNS)

This booklet is designed to provide fun ways to promote nutrition and physical activity at elementary and middle schools. The booklet includes ideas for 20 themed events, spotlights real-life events at Team Nutrition schools, and features handouts, templates, and other free resources to support events.

[Team Nutrition Healthier Middle Schools: Everyone Can Help](#) – Food and Nutrition Service (FNS)

This is a series of communication tools designed to help engage teachers, principals, parents, and food service managers, and students in school wellness efforts. To support healthy food choices and physical activity at school, a school-wide coordinated approach works best. Each set includes a video and print handout with motivational messages that each audience found to be motivational and realistic.

Nutrition - Menu Planning and Recipes

[What's Cooking? USDA Mixing Bowl](#) – Food and Nutrition Service (FNS)

What's Cooking features a number of budget-friendly recipes and tools to help inspire healthy eating. Find new recipes, create a handy shopping list, build a cookbook; and coming soon - Menu Builder to create custom one-week menus. It also has numerous different resources and tips for healthy eating.

[Recipes for Healthy Kids Cookbook for Homes](#) – Food and Nutrition Service (FNS)

The recipes in this cookbook were developed by teams of chefs, students, school nutrition professionals, and community members. The recipes feature foods both children and adults should consume more of: dark-green and orange vegetables, dry beans and peas, and whole grains. With fun names like Porcupine Sliders, Smokin' Powerhouse Chili, and Squish Squash Lasagna, these kid-tested, kid-approved recipes are sure to please children and be an instant hit!

Nutrition - Local Foods / Resource Conservation

[USDA's Office of Community Food Systems](#) – Food and Nutrition Service (FNS)

The Office of community Food Systems (OCFS) offers grants, research, and training and technical assistance related to increasing the amount of local foods served in schools, child care facilities, and summer programs and providing complimentary nutrition and agriculture education.

[Farm to School Planning Toolkit](#) – Food and Nutrition Service (FNS)

The Farm to School Planning Toolkit guides you through questions to consider and helpful resources to reference when starting or growing a farm to school program. It is designed for use by schools, school districts, and community partners. The toolkit is filled with tips and examples, insights from others, and lists of resources for further research. Web site:

[Procuring Local Foods for Child Nutrition Programs](#) – Food and Nutrition Service (FNS)

Procuring Local Foods for Child Nutrition Programs covers procurement basics, defining local, where to find local products, and the variety of ways schools can purchase locally in accordance with regulations. This version incorporates information about micro-purchases, buying local foods for child care and summer meal programs and more real-world examples. The guide has sample solicitation language, detailed geographic preference examples and helpful resources.

[Let's Talk Trash: Reduce Food Waste](#) – Center for Nutrition Policy and Promotion (CNPP)

Being mindful about planning, purchasing, protecting, preserving, storing, re-purposing, donating and recycling food can help you save money and reduce the amount of food thrown away. Find tips for your family here!

[Community Food Systems Fact Sheets](#) - Food and Nutrition Service (FNS)

Community Food Systems provides a number of fact sheets on research and best practices for utilizing local agriculture in schools. Examples include: 10 Facts about Local Food in Schools, Using DOD Fresh to Buy Local, and School Gardens.

Nutrition - Food Safety

[Food Safety for Kids and Teens](#) – Food Safety and Inspection Service (FSIS)

Food Safety for Kids and Teens offers a food safe families activity book, food safety after school, a food safety mobile game, and many activities to help promote safety. It focuses on things like cleaning, temperatures, and cooking safety.

[Ask Karen-Get Answers to Food Safety Questions](#) – Food Safety and Inspection Service (FSIS)

Want to know how long you can safely keep meat in the refrigerator? Or whether it's better to use wooden or plastic cutting boards? The Ask Karen knowledge base has the answer to your food safety questions. Live Chat is also available during set hours.

[Fight Bac\(terial\)](#) – Food Safety Inspection Service (FSIS)

The Partnership for Food Safety Education's Fight BAC!® for Kids section is where you can find kids' food safety information. The Partnership, a non-profit organization, is committed to being a key resource for parents and educators with programming, ideas and fun activities for kids that teach them about the basics of safe food handling. The page provides links to kids' food safety curricula for all ages – from pre-K through high school – community activities, as well as links to download the new Perfect Picnic iPhone game for kids.

[SNAP-Ed Connection's Food Safety Tips Page](#) – Food and Nutrition Service (FNS)

The SNAP-Ed Connection site (described above) hosts a page dedicated to food safety, which provides general information on food safety and information related to high risk populations, food banks and food pantries, and emergencies.

Injury Prevention

[Junior Forest Ranger](#) – Forest Services (FS)

The Junior Forest Ranger program is for youth ages 7 to 13. Through the program Junior Forest Rangers learn how to stay safe in the forest and how to protect it. They know what to do when they visit a forest.

[Smokey for Kids](#) – Forest Service (FS)

Smokey the Bear teaches youth how to prevent fires while teaching them the benefits of fire. The program teaches elements such as how to fight a wildfire, fire science, fire in nature, elements of fire, campfire safety, how to build a fire, and more. There are coloring books, games, and activities to engage youth.

The 4-H Youth Development Program is the youth outreach program from the land-grant institutions' Cooperative Extension Services, and the U.S. Department of Agriculture (USDA). 4-H serves as a model program for the practice of positive youth development. 4-H National Headquarters is housed within the Division of Youth and 4-H at USDA's National Institute of Food and Agriculture. For more information email 4Hhq@nifa.usda.gov. USDA-NIFA is an equal opportunity provider, employer and lender.