



NEW!

Whole Grains, Milk, and Child Feeding Resources

Messages, Tips, Advice, and Guidance



Primary audience: Mothers and children(aged 8-10 yrs) eligible to participate in nutrition assistance programs

Objective: To increase consumption of whole grains, low-fat milk products, fruits and vegetables, and foster child feeding practices that support the development of healthy eating habits.

13 **NEW** Whole Grain, Milk, and Child Feeding Messages

- 5 whole grain messages
- 4 child feeding messages
- 4 milk messages

16 Existing Messages

Over **35** pages of tips, advice, and guidance.

Online Communication Tools for Moms and Kids



Rollover Widgets and YouTube Videos

The two online formats allow each mother to select the one that works best for her!



Track & Field Fuel-Up Challenge Game

Kids have fun while learning and gaining skills in making healthier choices with this interactive online game.

For more information, and to access the tools, visit <http://www.fns.usda.gov/fns/corenutritionmessages/default.htm>