



www.aap.org/parents.html ✨

Visit the American Academy of Pediatrics' Parenting Corner for information that will help you and your family stay healthy.

www.cdc.gov/powerfulbones ✨

Learn why and how girls can build strong bones from the Centers for Disease Control and Prevention and access Girl Power and other fun "girl" websites.

www.dole5aday.com ✨

Make eating fruits and vegetables fun with tips from the Dole Food Company.

www.eatright.org

Find a dietitian in your area and access nutrition tips from the American Dietetic Association.

www.ed.gov/parents/landing.jhtml

Read articles about your child's education and good health from the U.S. Department of Education.

www.girlsinc.org ✨

Inspire your daughters to be strong, smart, and bold. Click on "Just for Girls" and play Nutrition Jeopardy.

www.healthfinder.gov ✨

Access reliable health information from the U.S. Department of Health and Human Services.

www.healthiergeneration.org

You can help your children make healthier choices. Learn how to influence what they eat, where they eat, and encourage them to play and exercise from the folks at the Alliance for a Healthier Generation.

www.healthiergeneration.org/kids ✨

A special site, created by the Alliance, that's just for kids. It features games, videos, and fun ways for kids to get involved in creating a healthier generation.

www.ific.org

Read about science-based food safety and nutritional issues from the International Food Information Council Foundation.

www.kidnetic.com ✨

Find lots of interactive fun games and "Family-Friendly" recipes that parents and kids can make together.

www.kidshealth.org ✨

Read doctor-approved health information about children from before birth through adolescence. Kids can find recipes, learn how to be good to their bodies, and read all about physical activity.

www.nutrition.gov

Access federal government information on nutrition, food safety, and healthy eating.

www.nutritionexplorations.org

Access fun and easy ways to teach and learn nutrition from the National Dairy Council.

www.pta.org/parent_resources.html

Read articles about children's health and learn new ways to make a difference in your child's life.

www.shapeup.org/publications/99.tips.for.family.fitness.fun

Try out any of 99 Tips to Family Fitness Fun.

www.verbnow.com ✨

Explore tips on making physical activity fun.

✨ *Has information and sections especially for kids*