

Let's Go ECHO Presentation: Talking to Patients and Families about Nutrition

Nutrition Facts Label

- [Nutrition Facts: Cool Tips for Kids](#)

Online Cooking Classes

- **Cooking Matters** – Cooking Matters is a nutrition and cooking education class that teaches individuals and families how to make healthy and delicious recipes on a budget. In the 6-week class, participants will cook and complete nutrition activities focused on:
 - Cooking healthful, tasty, and low-cost meals
 - Shopping on a budget
 - Using nutrition information to make healthy choices
 - Trying new foods and recipes
 - Helpful kitchen skills like dicing an onion, prepping a mango, using a knife safely[Click here to find out more and sign up.](#) Or scan the QR Code on the attached flyer.
- **Food Literacy Center** – Sacramento, CA
 - <https://www.foodliteracycenter.org/curriculum>
 - Free YouTube videos and curriculum
- **Chop Chop Magazine** – <https://www.chopchopfamily.org/product/chopchop-magazine/>

Other Resources

- Obesity Action Coalition:
 - <https://www.obesityaction.org/education-support/learn-about-childhood-obesity/childhood-obesity-resources/>
- Healthy Children:
 - <https://www.healthychildren.org/English/health-issues/conditions/obesity/Pages/default.aspx>
- Stop Obesity Alliance:
 - Resources for families include a Weigh In Guide, Excessive Weight Gain Among Young Adults Infographic and a letter from their Director about Ultra-Processed Foods and Obesity
 - <https://stop.publichealth.gwu.edu/>
- UConn Rudd Center for Food Policy and Obesity: Resources for families include a page on Schools, Families and Communities. as well as a page on Weight Bias and Stigma
 - <https://uconnruddcenter.org/research/weight-bias-stigma/>
- Academy of Nutrition and Dietetics: Kids Eat Right: Resources for families include a page focused on kids with recipes, tips and articles
 - <https://www.eatright.org/for-kids>