

## Resources for Families

### Let's Go! Resources for Parents:

- Be a Healthy Role Model: <https://mainehealth.org/-/media/lets-go/files/childrens-program/parents/mhsection39391.pdf?la=en>
- Healthy Shopping on a Budget: <https://mainehealth.org/-/media/lets-go/files/childrens-program/parents/pagesfromhealthcaresection3parentstoprint10.pdf?la=en>
- A Meal is a Family Affair: <https://mainehealth.org/-/media/lets-go/files/childrens-program/parents/pagesfromhealthcaresection3parentstoprint3.pdf?la=en>
- Handling a Choosy Eater: <https://mainehealth.org/-/media/lets-go/files/childrens-program/parents/handlingachoosyeater.pdf?la=en>
- Unplugged – Ideas for Reducing TV Time: <https://mainehealth.org/-/media/lets-go/files/childrens-program/parents/pagesfromhealthcaresection3parentstoprint14.pdf?la=en>
- Take it Outside Activity Ideas: <https://mainehealth.org/-/media/lets-go/files/childrens-program/parents/takeitoutside.pdf?la=en>
- How Much Sugar do you Drink?: <https://mainehealth.org/-/media/lets-go/files/childrens-program/parents/howmuchsguardoyoudrinkschools20152016.pdf?la=en>
- Healthy Favorites – A booklet with tips and recipes: <https://mainehealth.org/-/media/lets-go/files/childrens-program/parents/ectab13d13healthyfavoritesbooklet.pdf?la=en>
  - Includes healthy recipes for: cinnamon french toast, english muffin pizza, oven baked chicken fingers, crunchy banana pop, chewy oatmeal cookies, and many more!
  - Also includes sample menus for 3 complete days of healthy eating!
- Intellectual and Developmental Disabilities (I/DD) Tools: <https://mainehealth.org/lets-go/childrens-program/developmental-disabilities/tools>

### Healthy Eating:

- SNAP-Ed Classes
  - <https://www.mainesnap-ed.org/programs-classes/>
  - Offerings include: Eat Well Play Hard in Child Care Settings, Pick a Better Snack, Cooking Matters
- MaineGeneral Prevention and Healthy Living Class: Cooking with your Kids
  - <https://mainegeneral.coursestorm.com/category/healthy-cooking-and-eating?page=1>
- UMaine Cooperative Extension: Food and Health – Eat Well Newsletter
  - <https://extension.umaine.edu/food-health/efnep/newsletters/>
    - Kids Korner – A healthy recipe kids can help make, includes nutrition facts, cost per recipe and cost per serving
- MyPlate (USDA)

- <https://www.choosemyplate.gov/families>
- Lots of resources for families on creating a healthy eating style that works for you – includes videos, recipes, tips for healthy eating on a budget, and more!

### Active Living:

- Maine Huts and Trails
  - <https://mainehuts.org/>
  - Trail Maps, Huts, Activities, Things to Do
- Maine Trail Finder
  - Find trails - <https://www.mainetrailfinder.com/trails>
  - Events - <https://www.mainetrailfinder.com/calendar>
- Bike Coalition of Maine
  - Kid Friendly Places to Ride in Maine –
  - <https://www.bikemaine.org/resources/kids-biking/>
- WinterKids
  - <https://winterkids.org/kids-families/resources-for-parents/>
  - Includes info on activities for kids, child safety, outdoor organizations, and health organizations
- Maine Bureau of Parks and Lands
  - <http://www.maine.gov/dacf/parks/>
  - [http://www.maine.gov/cgi-bin/online/doc/parksearch/gmaps/doc\\_map.pl](http://www.maine.gov/cgi-bin/online/doc/parksearch/gmaps/doc_map.pl)
  - Trail Activities, Water Activities, Hunting & Fishing, Camping
  - Find Parks and Lands – Select a Specific Place, Single Gas Tank Trips, Search by Region, Activity, and Facility
- The Y: <https://www.ymca.net/>
  - Enter your ZIP code into the “Find your local YMCA” search bar to find a Y near you!

### Healthy Eating & Active Living:

- We Can! (Ways to Enhance Children’s Activity and Nutrition)
  - A national movement, designed for kids 8 – 13 years old, has lot of resources for healthy eating and active living
  - <https://www.nhlbi.nih.gov/health/educational/wecan/>
  - Tools and Resources (For Parents section) <https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/index.htm>
- Be Active Kids
  - <http://www.beactivekids.org/>
  - Includes information about physical activity and nutrition with links for more resources, and tips for active families (ex. Moving on a Budget)
- Action for Healthy Kids
  - <https://www.actionforhealthykids.org/parents-for-healthy-kids/>

- Includes ideas for being healthy at home, recipes, information about school lunch, and more!
- Let's Move: America's Move to Raise a Healthier Generation of Kids
  - Initiative launched by Michelle Obama, website not updated, still has a lot of resources
  - <https://letsmove.obamawhitehouse.archives.gov/>
- Kids Health
  - <https://kidshealth.org/en/parents/nutrition-center/?WT.ac=p-nav-nutrition-center#catwhat4lunch>
  - Resources include: breastfeeding and formula feeding FAQs, information on specific foods and nutrients, fitness for kids of different ages, motivating kids to be active, information on special dietary needs, weight and eating problems, and exercise safety
  - Lots of healthy recipes including for kids with special dietary needs, and mealtime makeovers for popular foods like chicken fingers and pizza

### **For Kids:**

#### Healthy Eating:

- MyPlate Food Guide
  - <https://kidshealth.org/en/kids/pyramid.html>
- MyPlate Kids' Place (USDA)
  - <https://www.choosemyplate.gov/kids>
  - Includes games, activity sheets, videos & songs (including healthy snack recipe videos), and more!

#### Books

- The Secret Life of Mitch Spinach by Hillary Feerick and Jeff Hillenbrand
- Eating the Alphabet: Fruits and Vegetables From A to Z by Lois Ehlert
- We're Going to the Farmers' Market by Stefan Page
- I Will Never Not Ever Eat a Tomato by Lauren Child
- The Boy Who Loved Broccoli by Sarah Creighton
- N is for Nutrition: Rhymes by the Alphabet by Dr. Amneet Aulakh
- We Are What We Eat by Kristy Hammil
- Berenstain Bears and Too Much Junk Food by Jan Berenstain
- The Fruits We Eat by Gail Gibbons
- Nutrition Fun with Brocc and Roll by Connie Liakos Evers, MS, RD (a hands-on activity guide)
- The Vegetables We Eat by Gail Gibbons
- Good Enough to Eat: A Kid's Guide to Food and Nutrition by Lizzy Rockwell

#### Active Living:

## Books

- Angelina Ice Skates by Katharine Holabird and Helen Craig
- Clifford's Field Day by Norman Bridwell
- Curious George Rides a Bike by H. A. Rey
- Dora Plays Sports by Alison Inches
- Learning to Ski with Dr. Magee by Chris Van Dusen
- Maisy Learns to Swim by Lucy Cousins
- Helping Hand Books: Zach Gets Some Exercise by Sarah Duchess of York
- Get Up and Go! by Nancy Carlson
- Play Ball, Amelia Bedelia by Peggy Parish and Wallace Tripp
- Everyday Exercises with Eli the Elephant
- ABC for Me: ABC Yoga by Christiane Engel

## Healthy Eating & Active Living:

- Kids Health
  - Recipes - <https://kidshealth.org/en/kids/recipes/?WT.ac=k-nav-recipes>
  - Examples: confetti soup, disappearing zucchini muffins, homemade peanut butter, perfect pineapple pops, porcupine sliders, tasty tots and many more!
  - Includes vegetarian and lactose-intolerance recipes
- Staying Healthy (Fitness, Food and Weight) - <https://kidshealth.org/en/kids/stay-healthy/?WT.ac=k-nav-stay-healthy>
- Movie: Healthy Weight (5 ½ minutes) - <https://kidshealth.org/en/kids/healthy-weight-movie.html?WT.ac=ctg#catmovies>
- Teens – Food and Fitness (Nutrition, Exercise, Healthy Weight, etc.) - <https://kidshealth.org/en/teens/food-fitness/?WT.ac=t-nav-food-fitness#catexperiments>