

MyNutrition helps families learn about nutrition by providing a series of fun—and informative—educational resources including: family challenges, recipes, health articles and more. Children will find kid-friendly games, puzzles and printouts that engage them in learning about the importance of good nutrition. Foodservice staff and administrators have access to links that will assist them in staying compliant with wellness initiatives in school.

FEATURES

OVERVIEW

- Offers monthly featured topics pertinent to raising and educating healthy children
- Includes articles, tools, recipes, newsletters, and more...
- Separate portals for parents, kids and educators

BENEFITS

FOR FAMILIES

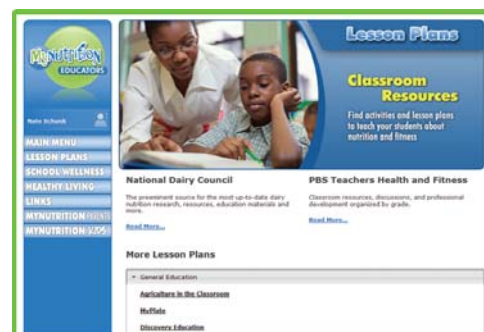
- Motivates parents and children to learn more about good nutrition and fitness in an entertaining way
- Promotes the *Dietary Guidelines for Americans* and its messages about eating well and being physically active
- Provides interactive kid-friendly content to engage children in learning about healthy choices

FOR DISTRICTS

- Strengthens and supports existing school wellness initiatives
- Supports national recommendations for diet, exercise and health habits for all ages
- Includes classroom lesson plans from credible online sources such as the *USDA*, *CDC*, and more...



MYNUTRITION PARENTS



MYNUTRITION EDUCATORS



MYNUTRITION KIDS

