

COVID-19 Healthy Living Resources

Nutrition Resources

Eating nutritious food is an important way to keep your body healthy. Teaching kids how to eat healthy is also a great way to start building positive habits. Click these links to access websites with information related to nutrition.

- [Action for Healthy Kids- Healthy Eating Toolkit](#)
- [Dairy Council Assist- Find School Meal Sites](#)
- [Food Literacy Center- Cooking and Nutrition Lessons for Kids](#)
- [Food & Nutrition Services- Federal Nutrition Program Updates](#)
- [Healthier Generations- Resources for Parents, Caregivers, Educators, Employers & Employees](#)
- [MyPlate Kids Place- Nutrition Activities for Kids](#)
- [Nourish Interactive- Nutrition Education Tips and Tools](#)

Physical Activity Resources

Staying physically active is a great way to burn extra energy, ease tension, and help your body and mind feel better. Click these links to access websites with information related to physical activities to do at home.

- [Action For Healthy Kids- Game on Activity Library](#)
- [Go Noodle- Physical Activity Videos for Kids](#)
- [Online Physical Education Network \(OPEN\)- Tools for Creating an Active Home](#)
- [Playworks- Game Library](#)

General Healthy Eating & Active Living Resources

Click these links to find websites with general information regarding healthy living.

- [American Heart Association- Physical Activity & Nutrition Tips](#)
- [CATCH- Health at Home](#)
- [HealthCorps- Variety of Healthy Living Resources](#)

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Downloadable Content

Click these links to access specific handouts regarding healthy living.

- [Action for Healthy Kids- Load Up on Fruits and Veggies](#)
- [American Heart Association- 25 Ways to Get Moving at Home \(for kids\)](#)
- [HealthCorps- Self Care Bingo](#)
- [Healthier Generation- Healthy at Home Toolkit](#)
- [OPEN- Active at Home Complete Packet](#)
- [USDA- Food Planning During the Coronavirus Pandemic](#)
- [USDA- Start Simple With MyPlate](#)

Recipe Websites

Click these links to find websites with a variety of healthy and affordable recipes.

- [Cooking Matters](#)
- [EatFresh](#)
- [Food Hero](#)
- [Good Food Good Move](#)

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