



From Blue Cross Blue Shield of Massachusetts

www.bluecrossma.com/jumpupandgo

Learn to obtain grants for programs that foster healthy living in middle school children and learn more about the Jump Up and Go! public awareness campaign.

www.AHealthyMe.com

Explore resources for fitness, fun, family, and a healthy lifestyle.

From other sources

www.actionforhealthykids.org

Action for Healthy Kids (AFHK) is a nationwide initiative dedicated to improving the health and educational performance of children through better nutrition and physical activity in schools.

www.aboutproduce.com

Learn about healthy benefits of fruits and vegetables and access recipes from the Produce for Better Health Foundation. In the Produce Patch, kids can have fun learning about fruits and vegetables.

www.cspinet.org

Center for Science in the Public Interest has free resources and information on how to improve your school's nutrition and physical activity environment.

www.californiaprojectlean.org

California Project LEAN works with state and local physical activity and nutrition leaders to conduct community-based programs and provides educational and program materials.

www.cdc.gov/healthyouth

The Centers for Disease Control and Prevention (CDC) offers information, statistics and tools that schools can utilize to improve the health of their students.

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.govfitness.com

Massachusetts Governor's Committee on Physical Activity provides the Exercise Across Massachusetts Program Resource Kit.

www.ific.org

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



Websites

www.humankinetics.com

Human Kinetics publishes the interdisciplinary curricula Planet Health, Eat Well Keep Moving, and other health-related materials.

www.maclearinghouse.com

Massachusetts Health Promotion Clearinghouse provides free health promotion materials for Massachusetts residents and health and social service providers in the Commonwealth.

www.newenglanddairycouncil.com

Provides educational materials and resources to bring nutrition and physical activity to schools and classrooms.

www.navigator.tufts.edu

Read the Tufts University Nutrition Navigator's reviews of nutrition websites to help you find accurate and useful information.

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.verbnow.com

Explore tips on making physical activity fun.

www.WebMD.com

Use the WebMD® Healthy Manager to find help in making better health and nutrition decisions.