



Websites

From Blue Cross Blue Shield of Massachusetts

www.bluecrossma.com/jumpupandgo

Learn how your child's school can 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.aap.org/parents.html *

Gain physical activity and nutrition advice from the American Academy of Pediatrics.

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.cdc.gov/nccdphp/dnpa/5aday/recipes/index.htm

Enjoy "5-A-Day" recipes for breakfast foods, salads, entrees, and desserts from the National Center for Chronic Disease Prevention and Health Promotion.

www.cdc.gov/powerfulbones *

Learn why and how girls can build strong bones from the Centers for Disease Control and Prevention and access Girl Power and other fun "girl" websites.

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.girlsinc.org *

Inspire your daughters to be strong, smart, and bold. Click on "Just for Girls" and play Nutrition Jeopardy.

www.healthfinder.gov *

Access reliable health information from the U.S. Department of Health and Human Services.

www.ific.org

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

www.kidnetic.com *

Find lots of interactive fun games and "Family-Friendly" recipes that parents and kids can make together.

www.kidshealth.org *

Read doctor-approved health information about children from before birth through adolescence. Kids can find recipes, learn how to be good to their bodies, and read all about physical activity.

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.pta.org/parentinvolvement/healthsafety

Read articles about children's health and safety issues from the National Parent Teacher Association.

www.shapeup.org/publications/99.tips.for.family.fitness.fun

Try out any of 99 Tips to Family Fitness and Fun.

www.verbnow.com *

Explore tips on making physical activity fun.

www.verbparents.com

Learn about long-term strategies to improve physical activity and nutrition habits in children ages 9–13, from the Centers for Disease Control and Prevention.

www.WebMD.com

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

