

## **Nutrition Education Resources for use by After School Programs**

**Janet Wendland, Consultant**  
**Bureau of Nutrition Programs and School Transportation**  
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To find Power of Choice select resources at: <http://www.fns.usda.gov/tn>

To find Eat Smart Play Hard activities go to: <http://www.fns.usda.gov/eatsmartplayhard/>

To find MyPyramid materials go to: [www.MyPyramid.gov](http://www.MyPyramid.gov)

Blast Off! Interactive site is at: [http://www.MyPyramid.gov/kids/kids\\_game.html](http://www.MyPyramid.gov/kids/kids_game.html)

Nutrition Decisions interactive game is at: [www.nutritiondecision.org](http://www.nutritiondecision.org)

Media Smart Youth curriculum is found at: <http://www.nichd.nih.gov/publications/pubs.cfm?from>  
Use the “Keyword” drop down menu to find “Media Smart Youth Program”. The resource is free.

Students taking Charge: How Healthy is Your School and What You Can Do About It?  
<http://www.johnstalkerinstitute.org/wellness/toolkit.pdf>