For a full listing of nutrition articles, visit the Iowa State University Extension and Outreach Store at https://store.extension.iastate.edu.

**Buy. Eat. Live Healthy**

**Mealtime Conversation Cards**

**Be Active  Spanish Version**

**Buying and Preparing Food**

**Healthy & Homemade: 2021 Nutrition and Fitness Calendar  Spanish Version**

**Recipe Basics—Measure Accurately, Substitute Wisely, Adjust Carefully**

**High Fructose Corn Syrup—How Sweet It Is**

**Healthy & Homemade Cookbook—A Collection of Recipes from Iowa State University Extension and Outreach**

**Saludable Y Casero—Healthy and Homemade Cookbook (Spanish)**

**What’s for Lunch? It’s in the Bag**

**Fresh Vegetable Guide**

**Fresh Fruit Guide**

**Food Waste at Home—Spend Smart. Eat Smart.**

**Spend Smart. Eat Smart.—Dairy**
Spend Smart. Eat Smart. — Protein

Spend Smart. Eat Smart.— Fruits

Spend Smart. Eat Smart. — Vegetables

Spend Smart. Eat Smart— Grains

Spend Smart. Eat Smart.— Strategies You Can Use

Snacks for Healthy Kids

My Plate Placement

**Feeding Children**
Food for ‘ME TOO’ Nutrition for the Toddler and Preschooler

Guide to Healthy Kids: What Parents Can Do

Say ‘YES’ to Family Meals

Creating the Optimum School Health Environment in Your District: What Decision-Makers Need to Know

Non-food Alternatives for School Rewards and Fundraising

**Fitness**
Walk Your Way to Fitness

Food and Fitness Craze!

Food and Fitness Craze 2!
Food and Nutrition

Key Nutrients

Seasoning Savvy

Survivor’s Guide to Healthy Web Surfing and Phone Apps

Whole Grains
MyPlate Poster for Adults

Latino Immigrants: Food and Housing Insecurity

Small Steps to Health and Wealth

Iowa Food Security, Insecurity and Hunger – Emergency Food Resources: Meeting Food Needs of Iowa Households

Iowa Food Security, Insecurity and Hunger – No More Food Stamps: Iowa Households that Left the Food Stamp Program

Food Preservation

Freezing: Fruits and Vegetables

Canning: Fruit Spreads

Canning: Salsa

Canning: Pickles

Canning: Vegetables

Canning: Meat, Poultry, Wild Game and Fish

Canning and Freezing: Tomatoes

Canning: Fruits

Harvesting and Storing Vegetables
Food Safety
Wash Your Hands

Bottled Water: Know the Facts

5 Myths of Handwashing

When the Home Freezer Stops

Stress
Coping with Unemployment—Stress: Taking Charge / Cómo LIDIAR con el desempleo

Encouraging a Friend to Seek Professional Help

How to Help “When You Don’t Know What to Say”
All About Stress—Stress: Taking Charge

Helping Children Manage Stress

Common Stresses for Parents of Teens—Stress: Taking Charge

Managing Stress in Later Life Families—Stress: Taking Charge

Managing Stress in Young Families—Stress: Taking Charge

Managing Stress in Midlife Families—Stress: Taking Charge

Using What You Have to Get What You Want—Stress Taking Charge