Let's Go ECHO Presentation: Talking to Patients and Families about Nutrition

Nutrition Facts Label

- Nutrition Facts: Cool Tips for Kids

Online Cooking Classes

- **Cooking Matters** – Cooking Matters is a nutrition and cooking education class that teaches individuals and families how to make healthy and delicious recipes on a budget. In the 6-week class, participants will cook and complete nutrition activities focused on:
  - Cooking healthful, tasty, and low-cost meals
  - Shopping on a budget
  - Using nutrition information to make healthy choices
  - Trying new foods and recipes
  - Helpful kitchen skills like dicing an onion, prepping a mango, using a knife safely
  [Click here to find out more and sign up.](#) Or scan the QR Code on the attached flyer.

- **Food Literacy Center** – Sacramento, CA
  - [https://www.foodliteracycenter.org/curriculum](https://www.foodliteracycenter.org/curriculum)
  - Free YouTube videos and curriculum

- **Chop Chop Magazine** – [https://www.chopchopfamily.org/product/chopchop-magazine/](https://www.chopchopfamily.org/product/chopchop-magazine/)

Other Resources

- **Obesity Action Coalition:**
  - [https://www.obesityaction.org/education-support/learn-about-childhood-obesity/childhood-obesity-resources/](https://www.obesityaction.org/education-support/learn-about-childhood-obesity/childhood-obesity-resources/)

- **Healthy Children:**
  - [https://www.healthychildren.org/English/health-issues/conditions/obesity/Pages/default.aspx](https://www.healthychildren.org/English/health-issues/conditions/obesity/Pages/default.aspx)

- **Stop Obesity Alliance:**
  - Resources for families include a Weigh In Guide, Excessive Weight Gain Among Young Adults Infographic and a letter from their Director about Ultra-Processed Foods and Obesity
  - [https://stop.publichealth.gwu.edu/](https://stop.publichealth.gwu.edu/)

- **UConn Rudd Center for Food Policy and Obesity:** Resources for families include a page on Schools, Families and Communities. as well as a page on Weight Bias and Stigma
  - [https://uconnruddcenter.org/research/weight-bias-stigma/](https://uconnruddcenter.org/research/weight-bias-stigma/)

- **Academy of Nutrition and Dietetics: Kids Eat Right:** Resources for families include a page focused on kids with recipes, tips and articles
  - [https://www.eatright.org/for-kids](https://www.eatright.org/for-kids)