

Resources for Free Promotional Materials

Check out these websites for free materials (posters, stickers, coloring sheets, etc.) that promote health, nutrition, and physical activity while supplies last:

Eat Smart. Play Hard.

A USDA campaign to motivate children and their caregivers to eat healthy and be active using their character, the *Power Panther*. Stickers, tattoos, activity sheets, window stickers, and more are all available at no charge. www.fns.usda.gov/eatsmartplayhardhealthylifestyle

Fruits and Veggies - More Matters

Produce for Better Health Foundation offers the Fruits & Veggies—More Matters™ health initiative. In simple, user-friendly ways, this health initiative offers expert cooking advice, nutrition information, and shopping tips. Refer to the “Get Kids Involved” section for downloadable coloring pages, tracking and shopping planners, and other activity pages. www.fruitsandveggiesmorematters.org

Leafy Greens Council

Promotes consumption of leafy greens for the nutritional benefits and cancer-fighting elements of leafy greens. Offers free posters and lesson plans. <http://www.leafy-greens.org/>

PE Central

Web site for health and physical education teachers, parents, and students to provide the latest information about physical education programs for children and youth. This site offers free posters on a variety of topics (smoking, nutrition, sports, etc.), booklets, and activities: www.pecentral.org/websites/freeresources.html

The Wheat Food Council

Promotes awareness of dietary grains as part of a healthy diet. They offer a variety of free posters. www.wheatfoods.org

Developed by the Children in Balance initiative at the Friedman School of Nutrition Science and Policy of Tufts University