

Nutrition and physical activity resources for parents, caregivers and educators

- American Heart Association, [heart.org](https://www.heart.org)
- Centers for Disease Control and Prevention (CDC), [cdc.gov](https://www.cdc.gov)
- Children's Wisconsin, [childrenswi.org](https://www.childrenswi.org)
- KidsHealth, kidshealth.org
- Mental Health America, mhanational.org
- National Institute of Mental Health (NIMH), [nimh.nih.gov](https://www.nimh.nih.gov)
- Society of Clinical Child & Adolescent Psychology, [effectivechildtherapy.org](https://www.effectivechildtherapy.org)
- U.S. Department of Agriculture (USDA), [myplate.gov](https://www.myplate.gov)
- Wisconsin Department of Public Instruction Student Services/Prevention and Wellness, dpi.wi.gov/sspw

