

# NUTRITION EDUCATION MATERIALS

Sheila Merrigan  
September 21, 2016

## WEB SITES

- Champions for Change, Arizona Nutrition Network - <http://www.eatwellbewell.org/>
- University of Arizona Nutrition Network - <http://www.uanutritionnetwork.org/>
- MyPlate - <http://www.choosemyplate.gov/>
- USDA Food Composition Database - <https://ndb.nal.usda.gov/>
- National Agricultural Library, Food and Nutrition Information Center - <http://fnic.nal.usda.gov/>
- National Dairy Council - <https://www.nationaldairycouncil.org/>

# NEWSLETTERS

- University of Arizona UA Life & Work Connections Wellbeing - <https://lifework.arizona.edu/wellbeing>
- Food Insight - <http://www.foodinsight.org/newsletters>
- Oregon State Food Hero - <https://www.foodhero.org/monthly-magazine>
- Tufts University Health & Nutrition Letter - <http://www.nutritionletter.tufts.edu/>

## FACEBOOK SITES

- Arkansas EFNEP at UAEX - <https://www.facebook.com/AREFNEP/?fref=ts>
- Alabama EFNEP - <https://www.facebook.com/Alabama-EFNEP-591440174330883/?fref=ts>
- NC EFNEP - Onslow County - <https://www.facebook.com/NC-EFNEP-Onslow-County-175316112628137/?fref=ts>
- UGA EFNEP - <https://www.facebook.com/efnepuga/?fref=ts>

# TRAININGS

- Wisconsin Nutrition Education Program -  
<http://www.uwex.edu/ces/wnep/train/index.cfm>
  - (need to request a password at [wnep@ces.uwex.edu](mailto:wnep@ces.uwex.edu)).
- Purdue EFNEP -  
<https://www2.ag.purdue.edu/programs/hhs/efnep/Pages/Resource-Training.aspx>

## SUGGESTIONS?

- Do you have sites you go to?
- Other types of specific information you want me to look for?

THANK YOU!