

# In This Section

Provide healthy choices for snacks and celebrations: limit unhealthy choices.

Eat at least five fruits and vegetables a day.

Healthy Kids' Snacks

Provide Healthy Choices

Sample Nutrition Guidelines: Boys & Girls Clubs of Southern Maine

Healthy Celebrations Parent Letter: Template

Go Foods, Slow Foods, Whoa Foods

Healthy Shopping on a Budget

Understanding Food Labels

Maine Seasonal Food Guide

Breakfast is Best

A Meal is a Family Affair

To have fruits and vegetables year-round, add frozen or canned.

What's a Healthy Portion?

The Fittest Food

Snackwise®

Fuel Learning with Milk, Cheese and Yogurt

ChooseMyPlate Materials (including brochure, tips, coloring sheets)