



Food and Nutrition Websites

American Dietetic Association

<http://www.eatright.org>

- This site posts daily nutrition tip and provides a source of information on food and nutrition.

Fight Bac! Keep Food Safe From Bacteria

<http://www.fightbac.org/>

- The Partnership for Food Safety Education (PFSE) is a not-for-profit organization that unites industry associations, professional societies in food science, nutrition and health, consumer groups, and the U.S. government to educate the public about safe food handling.

Fruit and Veggies More Matters!

<http://www.fruitsandveggiesmatter.gov/>

- Promotes more fruit and vegetable servings every day with resources, recipes, promotional materials, food and nutrition policy, as well as a list of healthy vendors and their contact information.

Healthy Maine Partnerships

<http://www.healthymainepartnerships.org/>

- At the State level, the Healthy Maine Partnerships (HMPs) are programs and organizations dedicated to promoting health all over Maine. These State agency partners support the 31 local HMPs with training, technical assistance, evaluation, program development, and media help.

HealthierUS

<http://www.healthierus.gov/>

- This Web site is part of a broad presidential agenda designed to help Americans, especially children, live longer, better, and healthier lives. The site provides credible, accurate information to help Americans choose healthier habits.

Maine Dairy and Nutrition Council

<http://www.drinkmainemilk.com>

- Focused on improving milk and dairy consumption for Maine.

Maine Department of Agriculture

<http://www.getrealmaine.com>

- This resource provides information about farms, greenhouses, nurseries, farmers' markets, Community-Supported Agriculture (CSAs), upcoming fairs, activities, and events. Look for Maine restaurants that participate in Maine Menus Month and offer some fresh Maine ingredients all year round. Browse the Web site for product and ordering information and a number of mouthwatering recipes.

Maine Nutrition Network

<http://www.maine-nutrition.org>

- The Maine Nutrition Network (MNN) helps coordinate nutrition education activities that support the health of people living in Maine. Site includes links to the multiple projects that the Network is involved with, recipes, and links to other nutrition resources.

MyPlate

<http://www.ChooseMyPlate.gov>

- In June 2011, USDA released the MyPlate food guidance system. Along with the new MyPlate graphic, the system provides many options to help Americans make healthy food choices and to be active every day.

United States Department of Agriculture (USDA) Food, Nutrition, and Consumer Services

<http://www.fns.usda.gov/fncs/>

- The gateway to two USDA nutrition sites: The Food and Nutrition Service (FNS) and the Center for Nutrition Policy and Promotion (CNPP). The FNS is a collection of initiatives directed at reducing hunger and improving nutrition. The CNPP links scientific research with the nutritional needs of the American public. FNS provides children and low-income people access to food, a healthful diet, and nutrition education.

University of Maine Cooperative Extension Publications

<http://extensionpubs.umext.maine.edu/>

- This is the on-line version of the University of Maine's publications on food and nutrition—many sections, from senior nutrition to vegetarian information for teens. For copies of pamphlets that the Cooperative Extension distributes, with preparation information for various fruits and vegetables, look for "Vegetables and Fruits for Health the Pyramid Way Fact Sheets" and the "Food For ME" fact sheet series.

USDA Recipe Finder

<http://recipefinder.nal.usda.gov/>

- Tired of searching for recipes, creating new recipes or modifying recipes to suit your target audience needs? Quickly locate recipes that have been analyzed and that may support your nutrition education goals and lessons.