



Table of Contents

- 7cbgj a Yf` ; i JXY
- **Caregiver Guide**
- **Nutrition Resources**
 - MyPlate Resources
 - Three Simple Steps to Eating More Fruits and Vegetables
 - 2000 Calorie Sample Menus
 - Links to MyPlate and Snap-Ed Connection Recipes
 - Get Your Portions in Proportion
 - Healthy Snacks
 - Thrifty Recipes – Main Dishes
 - Recipes Using Fresh Maine Foods
 - Nutrition Facts Food Label
 - Fast Food
 - Unit Pricing
 - Cold Food Storage
 - *Fight Bac!* Food Safety Sheets – Clean, Separate, Cook and Chill
 - Nutrition Websites
- **Physical Activity**
 - Adapting Physical Activity for People with Disabilities
 - Walk for Life
 - Fun Physical Activity!
 - Physical Activity Websites
- **Other Resources**
 - Wellness Plan Template
 - My Medicine List
 - Portable Medical Summary
 - Community Resources on the Internet
 - Our Local Community Resources
- **Checklists**
 - Wellness Checklist
 - Healthy Habits Checklist
 - Plan Ahead to Eat Healthy!
 - Healthy Eating Habits Checklist