



Nutrition Resources

- **MyPlate FYgcifWg**
- **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**