

# Internet Resources



## Internet Resources

The Internet gives access to unlimited amounts of information and is a great place to continue nutrition physical activity and assistance research. However, it is always best to be cautious and critical when surfing the Web. A good website contains accurate information from a trustworthy source and is continuously updated. The websites below provide information on physical activity, nutrition and assistance programs. For more informational links, visit the *Network for a Healthy California* website at <http://www.cdph.ca.gov/programs/cpns/Pages/Links.aspx>. (Updated 9-2011)

INTERNET RESOURCES are recognized by:

- Type of program provided: (Go directly to topic by clicking on title)
  - [Assistance](#): Pages 2-3, [Physical Activity \(PA\)](#): Pages 3-9, [PA & Nutrition](#): 9-15, [Nutrition](#): Pages 16-19
- Website specific audience: Adults, educators, teens, youth
- Materials/activities for specific audience & cost

## Internet Resources

Program/ Organization	Description	Site friendly for	Materials/ Activities for	Cost
<b>ASSISTANCE PROGRAMS</b>				
<b>C4Yourself (CalFresh formerly the Food Stamp Program)</b> <a href="https://www.c4yourself.com">https://www.c4yourself.com</a>	<b>C4Yourself™</b> is an online application system that allows eligible individuals in San Bernardino and Riverside Counties to apply for benefits. This is a secured site and all information will be private and safe. The program helps low-income people buy food, such as fruits, vegetables and whole grains needed for good health. Inyo County residents may print the blank application & return to the nearest social services office.	<b>Adult</b>	Low-income individuals or families	<b>Free</b>
<b>The Ecology Center</b> 1-877-847-3663 <a href="http://ecologycenter.org/ebt/">http://ecologycenter.org/ebt/</a>	Coordinating the Farmers' Market EBT Project to assist farmers' markets and community partners in setting up and promoting SNAP EBT access to fresh fruits and vegetables at California farmers' markets. The project is funded in part by the California Department of Food and Agriculture, through the Specialty Crops Block Grant Program.	<b>Adult</b>	Farmers market coordinators	<b>Free</b>
<b>Healthy People 2010</b> <a href="http://www.healthypeople.gov/BeHealthyl/">http://www.healthypeople.gov/BeHealthyl/</a>	Make better choices for yourself and your family when choosing doctors, health insurance, online health information, and a healthy lifestyle. Provides links to reliable health information.	<b>Adult</b>	Youth, Women, Men, Seniors	<b>Free</b>

<b>Inland Regional Center</b> <a href="http://www.inlandrc.org">www.inlandrc.org</a>	A comprehensive collection of information and services for people with Developmental Disabilities from Birth through Life.	<b>Adult</b>	All	<b>Free</b>
<b>Transitional Assistance Department (TAD)</b> of the San Bernardino County Human Services <a href="http://hss.sbcounty.gov/hss/tad/default.asp">http://hss.sbcounty.gov/hss/tad/default.asp</a>	The goals of TAD are to meet the basic financial, and/or nutritional and/or medical assistance needs of families and individuals.	<b>Adult</b>	Adults in need of financial, nutritional or medical assistance.	<b>Free</b>
<b>Women, Infants and Children (WIC)</b> <a href="http://www.fns.usda.gov/wic/howtoapply/">http://www.fns.usda.gov/wic/howtoapply/</a>  <b>Inland Empire Breastfeeding and Children Resource Guide, 2011</b> <a href="http://www.sbcounty.gov/wic/content/documents/breastfeeding_resource_guide.pdf">http://www.sbcounty.gov/wic/content/documents/breastfeeding_resource_guide.pdf</a>	Special Supplemental Nutrition Program that provides nutritious foods, nutrition counseling, and referrals to health care and social services for low-income pregnant, postpartum and breastfeeding women, infants and children up to age 5 who are at nutritional risk. Site provides income eligibility guidelines and information on how to apply.	<b>Adult</b>	Low income pregnant, postpartum and breastfeeding women, infants and children up to age 5	<b>Free</b>

## PHYSICAL ACTIVITY

<b>AARP: Get Fit on Route 66</b> <a href="http://aarp.getfitonroute66.com/">http://aarp.getfitonroute66.com/</a>	The fun physical activity adventure was designed to inspire you to be more active as you trace the famous route of this virtual highway. Whatever physical activity you enjoy doing—tennis, jogging, swimming, biking, or something else, this is a fun way to motivate yourself into keeping fit.	<b>Adult</b>	Adults, Seniors	<b>Free</b>
<b>Active Living Resource Center</b> <a href="http://www.activelivingresources.org/index.php">http://www.activelivingresources.org/index.php</a>	The center provides technical assistance to help you create an active neighborhood that is more bicycle and pedestrian friendly. Site includes fact sheets, how-to documents, and other resources.	<b>Adult</b>	Parents, Adults	<b>Free</b>
<b>America on the Move</b> <a href="http://aom2.americaonthemove.org/">http://aom2.americaonthemove.org/</a>	Challenges you, your family and your community to take small steps and make small changes to a healthier way of life.	<b>Adult</b>	Youth, Adults, Educators	<b>Free</b>
<b>American Council on Exercise (ACE)</b> <a href="http://www.acefitness.org/getfit/default.aspx">http://www.acefitness.org/getfit/default.aspx</a>	Workout programs, exercise library, youth fitness, ACE fit facts, fitness tools and calculators and much more. Resources for fitness professionals including certification, continuing education and resources.	<b>Adult</b>	Adults and fitness professionals	<b>Free</b>
<b>America's Walking</b> <a href="http://www.pbs.org/americaswalking/">http://www.pbs.org/americaswalking/</a>	America's Walking is a fitness, travel, and lifestyle series that offers information and inspiration for those who want to start a daily walking habit and live a more active life.	<b>Adult</b>	Adults	<b>Free</b>
<b>ARMC Community 5K Walk/Run plus, Health &amp; Fitness Expo</b> <a href="http://www.arrowheadmedcenter.org">http://www.arrowheadmedcenter.org</a>	Arrowhead Regional Medical Center proudly presents their annual Community 5K Walk/Run to Better Health each March. Visit the website from January-March for more information or to pre-register.	<b>Adult</b>	All	<b>Free</b>

<p><b>California Association for Health Physical Education, Recreation and Dance (CAHPERD)</b>  <a href="http://www.cahperd.org/whois.html">http://www.cahperd.org/whois.html</a></p>	<p>A non-profit, voluntary membership corporation formed exclusively to promote the organizing and progress of school, community and statewide programs of health, physical education, recreation and dance which will embody such opportunities and which will insure the inclusion of such programs within the most appropriate philosophical and social context of life in California.</p>	<p><b>Adult</b></p>	<p>Professionals with an academic background in HPERD and/or currently employed in these fields and future professionals (students)</p>	<p><b>Membership fee required</b></p>
<p><b>California Governor's Council</b>  <a href="http://www.calgovcouncil.org/">http://www.calgovcouncil.org/</a></p>	<p>The California Governor's Council on Physical Fitness and Sports is a non-profit, non-partisan organization dedicated to promoting physical activity for all Californians, with an emphasis on children and youth.</p>	<p><b>Adult</b></p>	<p>Youth, Parents, Educators</p>	<p><b>Free</b></p>
<p><b>California Safe Routes to School (SRTS) Technical Assistance Resource Center</b>  <a href="http://www.casaferoutestoschool.org">www.casaferoutestoschool.org</a></p>	<p>Provides resources, information, and news to support SRTS grant programs or get a project started in your community! Guidance and examples of a comprehensive SRTS program – Encouragement, Education, Enforcement, Engineering and Evaluation –&amp; information specifically for current SRTS grant recipients. Training opportunities, tools, and creative funding ideas.</p>	<p><b>Adult</b></p>	<p>Youth, Parents, Educators</p>	<p><b>Free</b></p>
<p><b>California Walk to School Headquarters</b>  <a href="http://www.caactivecommunities.org/w2s/">http://www.caactivecommunities.org/w2s/</a></p>	<p>Designed to assist you in initiating and implementing a Walk to School program in your community.</p>	<p><b>Adult</b></p>	<p>Adults, students, Educators</p>	<p><b>Free</b></p>
<p><b>CDC: Exercise and Physical Activity: Getting Fit For Life</b>  <a href="http://www.cdc.gov/physicalactivity/index.html">http://www.cdc.gov/physicalactivity/index.html</a></p>	<p>The site contains a variety of physical activity topics for the public, as well as research resources for professionals.</p>	<p><b>Adult, Educator, Youth</b></p>	<p>Youth, Adults, Seniors</p>	<p><b>Free</b></p>
<p><b>Center for Natural Lands Management:</b></p> <ul style="list-style-type: none"> <li>• <b>Coachella Valley Preserve</b>  <a href="http://www.cnlm.org/cms/index.php?option=com_content&amp;task=view&amp;id=40&amp;Itemid=181">http://www.cnlm.org/cms/index.php?option=com_content&amp;task=view&amp;id=40&amp;Itemid=181</a></li> <li>• <b>Dos Palmas Preserve</b>  <a href="http://www.cnlm.org/cms/index.php?option=com_content&amp;task=view&amp;id=42&amp;Itemid=183">http://www.cnlm.org/cms/index.php?option=com_content&amp;task=view&amp;id=42&amp;Itemid=183</a></li> <li>• <b>Warm Springs Preserve</b>  <a href="http://www.cnlm.org/cms/index.php?option=com_content&amp;task=view&amp;id=74&amp;Itemid=221">http://www.cnlm.org/cms/index.php?option=com_content&amp;task=view&amp;id=74&amp;Itemid=221</a></li> </ul>	<p>Enjoy the outdoors and hike the free trails exploring the endangered species habitats in Riverside County.</p>	<p><b>Adult</b></p>	<p>Adult</p>	<p><b>Free</b></p>

<b>City of Loma Linda: Parks</b> <a href="http://www.ci.loma-linda.ca.us/asp/Site/Departments/PublicWorks/Parks/index.asp">http://www.ci.loma-linda.ca.us/asp/Site/Departments/PublicWorks/Parks/index.asp</a>	Description and location of parks in Loma Linda including all amenities each park offers.	<b>Adult</b>	Youth, Adult, Dog owners	<b>Free</b>
<b>City of San Bernardino: Parks/Fields</b> <a href="http://www.ci.san-bernardino.ca.us/cityhall/parks/parks/default.asp">http://www.ci.san-bernardino.ca.us/cityhall/parks/parks/default.asp</a>	Description and location of parks/fields in San Bernardino including all amenities for the 26 parks and 31 playground areas.	<b>Adult</b>	Youth, Adult, Seniors, Dog owners	<b>Free</b>
<b>Crafton Hills Open Space Conservancy</b> <a href="http://www.craftonconservancy.homestead.com">http://www.craftonconservancy.homestead.com</a>	Enjoy, learn, understand and conserve them! The open space of Crafton Hills that is. Membership benefits include five free carload passes to Yucaipa Regional Park, newsletters, field trips, and fun!	<b>Adult</b>	All	<b>Low cost membership fee</b>
<b>The DisAbility Sports Festival</b> 5500 University Parkway, HP 256, San Bernardino 92407 (909) 537-5352 <a href="mailto:sportfes@csusb.edu">sportfes@csusb.edu</a> <a href="http://disabilitysportsfestival.org/">http://disabilitysportsfestival.org/</a>	<p>Sports Festival's primary purpose is to promote physical activity and sports for people with disabilities, raise awareness of disability sports and physical activity, and provide a service-learning opportunity to students to learn how to create and adapt programs for people with disabilities. The DisAbility Sports Festival is free and held at California State University, San Bernardino the first Saturday of October.</p> <p>We offer two annual programs: <a href="#">DisAbility Sports Festival</a> and <a href="#">All-Star Swim Program</a>. The All-Star Swim Program is a five week learn-to-swim program that starts at the beginning of May. We also partner with other programs within our local community to offer other activities throughout the year. Please see our <a href="#">resource calendar</a> for upcoming events.</p>	<b>Adult</b>	All	<b>Free or low cost</b>
<b>Energizers – Be active North Carolina</b> <a href="http://www.beactivenc.org/">www.beactivenc.org/</a> or <a href="http://www.beactivenc.org/getactive/your/schools/energizers/">http://www.beactivenc.org/getactive/your/schools/energizers/</a>	Classroom based physical activities that help get students healthy and active while maintaining structure and learning. Activity ideas for grades K-8; including math, spelling, grammar, geography, science and music.	<b>Adult</b>	All ages	<b>Free</b>
<b>Fitness Jumpsite!: Your Connection to a Lifestyle of Fitness, Nutrition &amp; Health</b> <a href="http://www.primusweb.com/fitnesspartner/">http://www.primusweb.com/fitnesspartner/</a>	The site provides quality fitness, health and nutrition related information & education. The fitness library includes topics such as Getting & Staying Active, Nutrition Made Easy, Managing Your Weight and Fitness Equipment.	<b>Adult, Youth</b>	All Ages	<b>Free</b>
<b>FITNESSGRAM/ACTIVITYGRAM: Parents Frequently Asked Questions</b> <a href="http://www.fitnessgram.net/faqparents/">http://www.fitnessgram.net/faqparents/</a>	Answers to the most commonly asked questions about the FITNESSGRAM.	<b>Adult</b>	Parents	<b>Free</b>

<p><b>Get Fit Outdoors</b>  <a href="http://www.parks.ca.gov/?page_id=24053">www.parks.ca.gov/?page_id=24053</a></p> <p>For list of parking fees, visit:  <a href="http://www.parks.ca.gov/?page_id=23294">http://www.parks.ca.gov/?page_id=23294</a></p>	Walking is the most popular exercise and recreational activity in California, and there is no charge to walk or bike into the CA State Parks. Most parks do charge for parking.	<b>Adult</b>	All ages	<b>Free, parking fees may apply</b>
<p><b>Google Map Pedometer</b>  <a href="http://walking.about.com/library/walk/blg_ooglemap1.htm">http://walking.about.com/library/walk/blg_ooglemap1.htm</a></p>	Allows you to map a specific route to determine the number of miles or kilometers your designated path is. Please note: To print your map, you do need to become a member.	<b>Adult</b>	Adult	<b>Free</b>
<p><b>Governors Challenge</b>  <a href="http://www.calgoveouncil.org/challenge">www.calgoveouncil.org/challenge</a></p>	All participants are challenged to log their daily physical activity. Prizes are awarded to schools and student-based programs.	<b>Adult</b>	Students, Schools, Teachers, Parents	<b>Free</b>
<p><b>Healthy Shasta</b>  <a href="http://www.healthyshasta.org">www.healthyshasta.org</a></p>	Information for a healthy lifestyle, including maps for many local area walking and biking routes.	<b>Adult</b>	All ages	<b>Free</b>
<p><b>High Desert Community Events</b>  <a href="http://www.hdevents.org/">http://www.hdevents.org/</a></p> <p>Visit website for listing of dates and events.</p>	<b>Marathon, Half Marathon, 5K, 10K and bike tours.</b> These events support and encourage youth to lead healthier lives and participate in healthy activities. Proceeds benefit the Healthy High Desert Initiative for the Prevention of Childhood Obesity and the Route 66 Preservation Project.	<b>Adult</b>	All	<b>Fee required</b>
<p><b>Inland Empire Kids Outdoors</b>  <a href="http://www.iekidsoutdoors.org">www.iekidsoutdoors.org</a>  or  <a href="http://www.meetup.com/iekidsoutdoors">www.meetup.com/iekidsoutdoors</a></p>	A social network that provides a myriad of ways to get outside, from a calendar of public, family-friendly outdoor activities to a variety of groups and forums that connect local families to nearby nature.	<b>Adult</b>	All ages	<b>Free</b>
<p><b>Kids Walk-to-School</b>  <a href="http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm">http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm</a></p>	A community-based program that aims to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults. The program also advocates for communities to build partnerships to create an environment that is supportive of walking and bicycling to school safely.	<b>Adult</b>	Schools, PTA, local police department, department of public works, civic associations, local politicians businesses	
<p><b>Lefty's Family Fun Day and 5K</b>  <a href="http://leftys5k2011.eventbrite.com/">http://leftys5k2011.eventbrite.com/</a>  or  <a href="http://www.sbcounty.gov/pubhlth/programs_services/healthy_communities/healthy_communities.htm">http://www.sbcounty.gov/pubhlth/programs_services/healthy_communities/healthy_communities.htm</a></p>	Our goal is to promote a healthy lifestyle and educate families about the great activities available to them in their local area and to make physical activity a part of their life.	<b>Adult</b>	Youth, Parents, Educators, Community members	<b>Free</b>
<p><b>NASPE Toolbox</b>  <a href="http://www.aahperd.org/naspe/publications/teachingTools/toolbox/index.cfm">http://www.aahperd.org/naspe/publications/teachingTools/toolbox/index.cfm</a></p>	National association for Sport and Physical Education's monthly selection of games calendars and puzzles to increase school-time physical activity.	<b>Adult</b>	Youth, Parents, Educators	<b>Free</b>

<b>Nature Rocks</b> <a href="http://www.naturerocks.org">www.naturerocks.org</a>	Inland group partnered with a national initiative that encourages families to get outdoors. To find outdoor places visit the website and enter your ZIP code.	<b>Adult</b>	All ages	<b>Free</b>
<b>Parks of the Inland Empire</b> <a href="http://www.inlandempire.us/parks/parks.php">http://www.inlandempire.us/parks/parks.php</a>	Contact information and links to the Inland Empire Parks, National Parks, State Parks and San Bernardino & Riverside County Parks.	<b>Adult</b>	All ages	<b>Free</b>
<b>Peaceful Playground Program</b> <a href="http://www.peacefulplaygrounds.com/">http://www.peacefulplaygrounds.com/</a>	Introduces children and school staff to the many choices of activities available on playgrounds and field areas. Activity guides, playground stencils and paint striping machine available.	<b>Adult</b>	Youth Educators	<b>Prices vary</b>
<b>Pedestrian and Bicycle Information Center</b> <a href="http://www.pedbikeinfo.org/">http://www.pedbikeinfo.org/</a>	The Pedestrian and Bicycle Information Center, funded by the USDOT and CDC, is useful for anyone interested in pedestrian and bicycle issues. It offers information about health and safety, engineering, advocacy, education, enforcement, and access and mobility.	<b>Adult</b>	Adult	<b>Free</b>
<b>Perils For Pedestrians</b> <a href="http://www.pedestrians.org">http://www.pedestrians.org</a>	Perils For Pedestrians is a monthly television series that appears on public access cable stations across the US and that promotes awareness of issues affecting the safety of people who walk.	<b>Adult</b>	Adult	<b>Free</b>
<b>Physical Education Framework</b> <a href="http://www.cde.ca.gov/ci/pe/cf/">http://www.cde.ca.gov/ci/pe/cf/</a>	Provides further explanation, description and details of activities that support the Model Content Standards. Provides steps of progression for each activity.	<b>Adult</b>	Educators	<b>Free</b>
<b>Physical Education Standards</b> <a href="http://www.cde.ca.gov/be/st/ss/">http://www.cde.ca.gov/be/st/ss/</a>	California Department of Education's Model Content Standards for Physical Education. Provides benchmark goals for knowledge, skills and abilities to be attained during each grade from K-12.	<b>Adult</b>	Educators	<b>Free</b>
<b>Physical Fitness Testing (PFT)</b> <a href="http://www.cde.ca.gov/ta/tg/pf/pftresources.asp">http://www.cde.ca.gov/ta/tg/pf/pftresources.asp</a>	California Department of Education's guidelines for the Fitnessgram test. Includes preparation tips for teachers and parents, with instructions for administration, Healthy Fitness Zones, and previous year's results.	<b>Adult</b>	Youth, Adult	<b>Free</b>
<b>President's Challenge</b> <a href="http://www.PresidentsChallenge.org">www.PresidentsChallenge.org</a>	The President's Challenge is a program that encourages all Americans to make being active part of their everyday lives. Site provides activity log and other tools to track progress.	<b>Adult</b>	Youth, Adults, Seniors, Educators	<b>Free</b>
<b>President's Council on Physical Fitness and Sports</b> <a href="http://www.fitness.gov">www.fitness.gov</a>	The free, interactive physical activity and fitness website offers health, physical activity, fitness and sports information, publications and an adult fitness test.	<b>Adult</b>	Adult, Educators	<b>Free</b>

<b>Project Fit America!</b> <a href="http://www.projectfitamerica.org/">http://www.projectfitamerica.org/</a>	A national agency that works with schools and front line educators to create new opportunities for kids to be active, fit and healthy. We work with communities to bring in funding, equipment, teacher training, curriculum and the resources needed.	<b>Adult</b>	Educators	<b>Prices vary</b>
<b>TAKE 10!</b> <a href="http://www.take10.net/whatistake10.asp?page=new">http://www.take10.net/whatistake10.asp?page=new</a>	An award-winning school-based intervention integrating physical activity with academic lessons.	<b>Adult</b>	Educators, schools	<b>Prices vary</b>
<b>Safe Kids USA</b> <a href="http://www.safekids.org/safety-basics/safety-resources-by-risk-area/">http://www.safekids.org/safety-basics/safety-resources-by-risk-area/</a>	A nationwide network of organizations working to prevent unintentional childhood injury, the leading cause of death and disability for children ages 1 to 14. Provides information on the most common injury risks for children, including playground, bicycling & skating, water & pool, and sports & recreation risks. There are downloadable checklists, quick tips, and how-to videos that will arm you with information on how to keep your children safe and injury free.	<b>Adult</b>	Educators, Parents	<b>Free</b>
<b>San Bernardino County Department of Public Health, Healthy Communities Program</b> 340 N. Mt. View Ave. San Bernardino, CA 92415-0829 (909) 387-4370 (800) 782-4264  <a href="http://www.sbcounty.gov/dph/">www.sbcounty.gov/dph/</a> or <a href="http://www.sbcounty.gov/pubhlth/programs_services/healthy_communities/healthy_communities.htm#">http://www.sbcounty.gov/pubhlth/programs_services/healthy_communities/healthy_communities.htm#</a>	Website provides free tools to help San Bernardino County residents of all ages become more physically active. Healthy Communities program has partnered with 16 cities in effort to improve the health of their residents. Search an events calendar for the types of activities you enjoy, located in your area.	<b>Adult</b>	All San Bernardino County residents	<b>Free</b>
<b>Skillastics</b> <a href="http://www.skillastics.com">www.skillastics.com</a>	A series of standards-based, fitness games to encourage physical challenges for all kids to learn and master. Free newsletter provides monthly sport tips.	<b>Adult, Educator</b>	Youth, Parents,	<b>Free</b>
<b>Southern California Handball Association</b> <a href="http://www.handball.org">www.handball.org</a>	Website provides information about the sport of handball including rules and instruction as well as court locations.	<b>Adult</b>	Youth, Adult	<b>Free</b>
<b>SPARK: Sports, Play and Active Recreation for Kids</b> <a href="http://www.sparkpe.org/about.jsp">http://www.sparkpe.org/about.jsp</a>	The Spark programs are designed to maximize class activity time, without sacrificing learning. Spark fosters: moderate to vigorous activity, fitness, sports skills, enjoyment of PE, academic achievement, and activity levels away from school. Early Childhood (ages 3-5) Middle School PE (grades 6-8) High School PE (grades 9-12) After School (ages 5-14)	<b>Adult, Teacher, After-school leader</b>	Ages 3-14	<b>Free webinar, activity sheets &amp; newsletter. Training &amp; lesson plans available for purchase</b>



<b>Sports 4 Kids</b> <a href="http://www.playworks.org/">http://www.playworks.org/</a>	Playworks offers comprehensive training and technical support to schools, districts and communities that wish to bring safe, inclusive play to children.	<b>Adults</b>	Educators and caregivers	<b>Prices vary</b>
<b>State of California, Department of Education</b> <a href="http://www.AfterSchoolPA.com">www.AfterSchoolPA.com</a>	An after-school physical activity website providing booklets describing physical education practices that are in the best interest of children grades 4-8. They include guidelines for curriculum design, learning experience, fitness activities, fitness testing, assessment, participation levels and more.	<b>Educator</b>	Youth, Educators	<b>Free, Materials available for purchase</b>
<b>Tips for hiking with kids</b> <a href="http://www.travelforkids.com/Travelessestials/hikingincalifornia.htm">http://www.travelforkids.com/Travelessestials/hikingincalifornia.htm</a>	Travel tips for those who like to enjoy hiking and the outdoors with the whole family.	<b>Adult</b>	Family	<b>Free</b>
<b>U.S. National Institutes of Health: National Institute on Aging</b> <a href="http://www.nia.nih.gov/HealthInformation/Publications/exercise.htm">http://www.nia.nih.gov/HealthInformation/Publications/exercise.htm</a>	NIA provides leadership in aging research, training, health information dissemination, and other programs relevant to aging and older adults. Also view exercise guide at <a href="http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/">http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/</a>	<b>Adult</b>	Seniors	<b>Free</b>
<b>Walking Connection</b> <a href="http://www.walkingconnection.com/walking.htm">http://www.walkingconnection.com/walking.htm</a>	Site provides articles providing walking and survival tips, technique and form for fitness walking, inspirational stories, hiking adventures & vacation ideas for active people.	<b>Adult</b>	Adult	<b>Free</b>
<b>Walk Riverside Routes &amp; Trails</b> <a href="http://www.riversideca.gov/mayor/pdf/walkbook2005.pdf">www.riversideca.gov/mayor/pdf/walkbook2005.pdf</a>	A guide to Riverside's best walking routes & trails.	<b>Adult</b>	All	<b>Free</b>
<b>Women's Sport Foundation</b> <a href="http://www.womenssportsfoundation.org/">http://www.womenssportsfoundation.org/</a>	To advance the lives of girls and women through sport and physical activity, the site provides tips and tools for parents as well as grant information, research articles, and more.	<b>Adult, Educator, Coach</b>	Women and girls of all levels involved in sports	<b>Free</b>
<b>Your Heart Your Life</b> <a href="http://hin.nhlbi.nih.gov/salud/pa/index.htm">http://hin.nhlbi.nih.gov/salud/pa/index.htm</a>	Web-based training course will help you acquire the knowledge, skills, and motivating factors to help you take action against heart disease. Resources to help you get more physically active, no matter age or current physical activity level.	<b>Adult</b>	Adults	<b>Free</b>

## PHYSICAL ACTIVITY & NUTRITION

<p><b>American Cancer Society: Get active Challenge</b>  <a href="http://www.cancer.org/Healthy/EatHealthy/GetActive/index">http://www.cancer.org/Healthy/EatHealthy/GetActive/index</a></p>	<p>Find activities to fit your lifestyle and ideas for raising active kids as well as staying motivated yourself. Use the tools for diet and fitness to help you calculate a healthy lifestyle. Can you find sidewalks, safe and accessible parks, daily PE for your kids, and healthful foods at work? Learn how to improve your community.</p>	<p><b>Adult, Educator</b></p>	<p>Adults, Educators, Community</p>	<p><b>Free</b></p>
<p><b>American Diabetes Association</b>  <a href="http://www.diabetes.org/">http://www.diabetes.org/</a></p>	<p>Information and resources on the basics of diabetes, living with diabetes and food and fitness for diabetics.</p>	<p><b>Adult</b></p>	<p>Diabetic patients &amp; caregivers.</p>	<p><b>Free</b></p>
<p><b>American Heart Association</b>  <a href="http://www.heart.org">www.heart.org</a> (Click on Getting Healthy)</p> <p><b>Tips for Raising Heart-Healthy, Active Children</b>  <a href="http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp">http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp</a></p>	<p>Let the American heart Association help you live heart healthy. Look through these great tips to help your family get more active.</p>	<p><b>Adult</b></p>	<p>Youth, Parents</p>	<p><b>Free</b></p>
<p><b>CA Diabetes Program</b>  <a href="http://www.caldiabetes.org/">http://www.caldiabetes.org/</a></p>	<p>DIRC is a web-based portal for diabetes information, resources, and data. This website was developed by the California Diabetes Program for organizations throughout the state to contribute content and build depository readily accessible information about diabetes prevention and control.</p>	<p><b>Adult</b></p>	<p>Diabetic patients and caregivers.</p>	<p><b>Free</b></p>
<p><b>CANFIT (California Adolescent Nutrition and Fitness Program)</b>  <a href="http://www.canfit.org">www.canfit.org</a></p>	<p>Hands-on consulting, trainings and workshops focus on advancing culturally competent policies, practices and programs for adolescents in low income communities and communities of color. CANFIT provides a variety of nutrition and physical activity related trainings. All of our trainings are interactive, hands-on, involve skill-building activities and have been pilot-tested and proven effective.</p>	<p><b>Adult</b></p>	<p>Policymakers, government agencies, school, after school and health professionals, youth-serving and community-based organizations.</p>	<p><b>Free</b></p>
<p><b>California Healthy Kids Resource Center (CHKRC) and California After School Resource Center (CASRC)</b>  <a href="http://www.californiahealthykids.org/c/@RaRP1gtAAxXSk/Pages/guided3.html">http://www.californiahealthykids.org/c/@RaRP1gtAAxXSk/Pages/guided3.html</a></p>	<p>Teacher Training Materials on Cooking in the Classroom, Foundations of Nutrition- <i>Dietary Guidelines for Americans</i>, Foundations of Nutrition-MyPyramid, Skills Density, Standards-Based Nutrition Education</p>	<p><b>Adult</b></p>	<p>Teachers</p>	<p><b>Free</b></p>
<p><b>Camp Channel</b>  <a href="http://www.campchannel.com/campers/search/">http://www.campchannel.com/campers/search/</a></p>	<p>Looking for a summer sports camp? This is your site. Search by region, activity, coed or not. Select your</p>	<p><b>Adult</b></p>	<p>Youth, Parents</p>	<p><b>Free</b></p>

	preferences and you can find just what you're looking for.			
<b>CATCH:</b> <b>Coordinated Approach to Child Health</b> <a href="http://www.catchinfo.org/">http://www.catchinfo.org/</a> and <a href="http://www.CatchTexas.org">www.CatchTexas.org</a> or call 201-329-7518 for more information	A TEA approved Coordinated School Health Program designed to promote physical activity, healthy food choices, and prevent tobacco use in elementary school aged children. By teaching children that eating healthy and being physically active every day can be FUN, the CATCH Program has proved that establishing healthy habits in childhood can promote behavior change that carry into adulthood.  PE Component: K-8 <sup>th</sup> grade Nutrition Component: K-5 <sup>th</sup> grade	<b>Adult, Teacher, After-school leader</b>	Grades K-8	<b>Free activity sheets &amp; newsletter available</b>  <b>Training &amp; lesson plans available for purchase</b>
<b>CDC: BAM! Body and Mind</b> <a href="http://www.bam.gov">www.bam.gov</a> or <a href="http://www.bam.gov/sub_physicalactivity/index.html">http://www.bam.gov/sub_physicalactivity/index.html</a>	The site focuses on nutrition, physical fitness using kid-friendly lingo, games, quizzes, and other interactive features. The site also serves as an aid to teachers, providing them with interactive, educational, and fun activities that are linked to the national education standards for science and health.	<b>Youth, Educator</b>	Ages 9-13 years	<b>Free</b>
<b>Champions for Change</b> <a href="http://www.cachampionsforchange.net/">http://www.cachampionsforchange.net/</a>	<i>The Network for a Healthy California-Champions for Change</i> provides tools to help adults take action in their homes, schools and neighborhoods. Site provides healthy solutions, recipes, tips and resources on how to eat more fruits and vegetables, be more active and speak up for healthy change.	<b>Adult</b>	Youth, Parents, Educators	<b>Free</b>
<b>Dairy Council of California</b> <a href="http://www.dairycouncilofca.org">http://www.dairycouncilofca.org</a>	Dairy Council of California provides programs and resource materials to educators and health professionals in California. Printed materials are available for purchase in states other than California.	<b>Educator, Health professional, Adult</b>	Grades K-12, Parents	<b>Free</b>
<b>Dairy Council of California</b> <a href="http://www.dairycouncilofca.org/Tools/Kids/LearningTools.aspx">http://www.dairycouncilofca.org/Tools/Kids/LearningTools.aspx</a> or <a href="http://www.dairycouncilofca.org/Tools/TeenBeat/Default.aspx">http://www.dairycouncilofca.org/Tools/TeenBeat/Default.aspx</a>	Dairy Council of California provides online nutrition education learning tools designed for children and teens. They can be used on home or school computers. Site provides a quiz for teens to determine activity level.	<b>Children, Teen, Adult</b>	Children, Teens	<b>Free</b>

<b>Desert Recreation District</b> <a href="http://www.cvrpd.org/facilities/index.htm">http://www.cvrpd.org/facilities/index.htm</a>	Desert Recreation District offers programs and activities for residents of Palm Desert, La Quinta, Indio, Thousand Palms, Thermal, Mecca, Coachella, Bermuda Dunes, North Shore, Oasis, Indio Hills, Indian Wells, Rancho Mirage and Vista Santa Rosa. Check out the free activities including the <i>Health, Fitness &amp; Fun Fair</i> , <i>Fitness Day</i> , and <i>Wellness Month of May</i> .	<b>Adult</b>	All ages	<b>Free</b>
<b>Eat Smart. Play Hard.™</b> <a href="http://www.fns.usda.gov/eatsmartplayhard/">http://www.fns.usda.gov/eatsmartplayhard/</a>	Encourages and teaches kids and adults how to eat healthy and be physically active every day.	<b>Educator</b>	Youth, Parents, Caregivers	<b>Free</b>
<b>Eat Smart. Play Hard.™ Healthy Lifestyle!</b> <a href="http://www.fns.usda.gov/eatsmartplayhard/healthylifestyle/">http://www.fns.usda.gov/eatsmartplayhard/healthylifestyle/</a>	Provides information to help you eat better, be more physically active and to be a role model for kids.	<b>Adult</b>	Parents, Caregivers	<b>Free</b>
<b>Fruits and Veggies – More Matters</b> <a href="http://www.fruitsandveggiesmorematters.org">www.fruitsandveggiesmorematters.org</a>	Provides tips and resources on how to incorporate more fruits and vegetables into your family’s diet. Resources for recipes, planning, shopping, and cooking.	<b>Mothers, caregiver</b>	All	<b>Free</b>
<b>Girls Health</b> <a href="http://www.girlshealth.gov">http://www.girlshealth.gov</a>	Provides information targeted at girls between the ages of 10-16 related to body, nutrition, fitness, health, bone health, relationships and much more.	<b>Girls between the ages of 10-16</b>	Teen Girls	<b>Free</b>
<b>Health Finder: Your Source for Reliable Health Information</b> <a href="http://www.healthfinder.gov/">http://www.healthfinder.gov/</a>	Free interactive tools to check your health, get personalized advice, and keep track of your progress. Be sure to check out the <i>Nutrition &amp; Fitness</i> segment in the Quick Guide to Healthy Living section and the <i>Activity and Menu planners</i> in the Personal Health Tools section.	<b>Adult</b>	Adults age 18 years and older	<b>Free</b>
<b>Healthier US.gov</b> <a href="http://www.HealthierUS.gov">www.HealthierUS.gov</a>	HealthierUS.gov provides credible, accurate information to help you choose to live a healthier life.	<b>Adult</b>	Adult	<b>Free</b>
<b>Healthy Apple Valley</b> <a href="http://www.applevalley.org/index.aspx?page=756">http://www.applevalley.org/index.aspx?page=756</a>	Mission is to improve the health and well-being of our residents through the promotion of healthy eating, education, cooking programs, and physical activity.	<b>Adult</b>	All	<b>Free</b>
<b>Healthy Chino</b> <a href="http://www.healthychino.com/">http://www.healthychino.com/</a>	Walking clubs including Chino Walks, Chino Walks KIDS, and Neighborhood Steps; a community garden; Chino Farmers Market; nutrition and fitness presentations; special events such as Family Fitness Day; an employee wellness program, as well as counseling and parenting classes for all ages.	<b>Adult</b>	All	<b>Free</b>

<b>Healthy Fontana: Get up and get going</b> <a href="http://www.healthyfontana.org">www.healthyfontana.org</a> or <a href="http://www.fontana.org/index.aspx?NID=1328">http://www.fontana.org/index.aspx?NID=1328</a>	The free “Steps Along the Way Walking Club” promotes the health benefits of walking and exercising while motivating first-time walkers to increase their steps on a weekly basis. Healthy cooking classes and nutrition education for adults and youth regularly offered.	<b>Adult</b>	Youth, Adults	<b>Free</b>
<b>Healthy for Life</b> <a href="http://www.healthyforlifeonline.org">www.healthyforlifeonline.org</a> or <a href="http://www.pe4meonline.com">www.pe4meonline.com</a>	Focuses on getting kids and their families to develop healthy lifestyle choices by incorporating both physical activity and a responsible diet.	<b>Adult</b>	Youth, Parents, Teachers	<b>Free</b>
<b>Healthy Habits for Healthy Kids</b> <a href="http://w2.anthem.com/bus_units/healthyliving/HealthyKids/activity.html">http://w2.anthem.com/bus_units/healthyliving/HealthyKids/activity.html</a>	Gather tips on getting family members together for physical activities. Download the Free <i>Healthy Habits for Healthy Kids: A Nutrition and Activity Guide for Parents</i> provided by the American Dietetic Association and Blue Cross of California.	<b>Adult</b>	Youth, Parents	<b>Free</b>
<b>Healthy Ontario: Fitness</b> <a href="http://healthyontarioinitiative.org/Home/">http://healthyontarioinitiative.org/Home/</a>	Explore the site for nutrition and fitness information, health assessment tools, health stories and healthcare resources in your neighborhood.	<b>Adult</b>	All ages	<b>Free</b>
<b>Healthy Rancho Cucamonga</b> <a href="http://www.cityofrc.us/websites/healthy_rc/">http://www.cityofrc.us/websites/healthy_rc/</a>	Explore the site for nutrition and fitness programs available in Rancho Cucamonga.	<b>Adult</b>	All ages	<b>Free and/or low cost</b>
<b>Healthy Victorville</b> <a href="http://ci.victorville.ca.us/Site/CityDepartments.aspx?id=8204">http://ci.victorville.ca.us/Site/CityDepartments.aspx?id=8204</a>	Promote healthy lifestyles through workplace wellness, healthy eating, active living, and healthy community development policies and programs.	<b>Adult</b>	All ages	<b>Free and/or low cost</b>
<b>Healthy Weight Network</b> <a href="http://www.healthyweight.net/activity.htm">http://www.healthyweight.net/activity.htm</a>	Site provides research on physical activity, obesity, eating disorders, dieting, weight loss or gain and guidelines for healthy living at any size.	<b>Adult</b>	Youth, Men, Women	<b>Free</b>
<b>International Food Information Council</b> <a href="http://www.ific.org/">http://www.ific.org/</a>	IFIC Foundation provides science-based information on food safety and nutrition.	<b>Adult, Educator</b>	Youth, Adults, Educators	<b>Free / Low Cost</b>
<b>Let’s Move</b> <a href="http://www.letsmove.gov/">http://www.letsmove.gov/</a>	The <i>Let’s Move!</i> initiative has instituted various programs across the country to mobilize others in solving the problem of childhood obesity nationwide. Site provides helpful tips and step-by-step strategies for families, schools and communities to help kids be more active, eat better, and grow up healthy.	<b>Adult</b>	Adults, Educators	<b>Free</b>
<b>Physical Activity Guidelines</b> <a href="http://www.health.gov/paguidelines">http://www.health.gov/paguidelines</a> or <a href="http://www.health.gov/paguidelines/pdf/paguide.pdf">http://www.health.gov/paguidelines/pdf/paguide.pdf</a>	The Federal Government has issued its first-ever Physical Activity Guidelines for Americans. They describe the types and amounts of physical activity that offer substantial health benefits.	<b>Adult</b>	Adults Health Professionals and law makers	<b>Free</b>

<b>Kidnetic.com</b> <a href="http://www.kidnetic.com">www.kidnetic.com</a>	Website provides games, facts and recipes to help children understand food, feelings and fitness for better health. Also, leads you through a set of exercises while at the computer.	<b>Youth, Adult</b>	Youth, Parents	<b>Free</b>
<b>KidsHealth for Kids</b> <a href="http://www.KidsHealth.org">www.KidsHealth.org</a>	Site provides information on parenting, behavior, development and more. Separate areas for kids, teens and parents, each with age-appropriate content featuring articles, animations, games and resources.	<b>Youth, Adult</b>	Youth, Teen, Parents, Educators	<b>Free</b>
<b>Medline Plus</b> <a href="http://www.nlm.nih.gov/medlineplus/sportsfitness.html">http://www.nlm.nih.gov/medlineplus/sportsfitness.html</a>	Topics include physical fitness, exercise, safety, injuries, wellness & lifestyle, statistics and articles.	<b>Adult, Educator</b>	Youth, Men, Women, Educators	<b>Free</b>
<b>My Plate</b> <a href="http://www.choosemyplate.gov/">http://www.choosemyplate.gov/</a>	US Food Guide, MyPlate, website helps adults, children, pre-school children and breastfeeding moms to plan and assess personal food and physical activity choices	<b>Youth, Adult</b>	Youth, Adults, Educators	<b>Free</b>
<b>Network for a Healthy California</b> <a href="http://www.cdph.ca.gov/programs/cpns/Pages/AboutUs.aspx">http://www.cdph.ca.gov/programs/cpns/Pages/AboutUs.aspx</a>	The <i>Network</i> represents a statewide movement of local, state and national partners collectively working toward improving the health status of low-income Californians through increased fruit and vegetable consumption and daily physical activity. Multiple venues are used to facilitate behavior change in the homes, schools, worksites, and communities of low-income Californians to create environments that support fruit and vegetable consumption and physical activity.	<b>Adult, Educator</b>	Adult, Educators	<b>Free</b>
<b>Network for Healthy California</b> <ul style="list-style-type: none"> <li>• <b>Shape of Yoga</b>  <a href="http://www.cdph.ca.gov/programs/cpns/Documents/Network-ShapeofYoga.pdf">http://www.cdph.ca.gov/programs/cpns/Documents/Network-ShapeofYoga.pdf</a> </li> <li>• <b>Power Up in 10</b>  <a href="http://publichealth.lacounty.gov/nut/Network/Docs/PU10-2011.pdf">http://publichealth.lacounty.gov/nut/Network/Docs/PU10-2011.pdf</a> </li> </ul>	Shape of Yoga and Power Up in10 are two physical activity resources designed to provide families with the recipes for being physically active. The booklets contain easy to read instructions and photos for performing 10-basic exercises and/or poses, which are supplemented with nutrition tips to help promote healthy eating.	<b>Adult, Educator</b>	All, Families	<b>Free to download</b>
<b>PE Central</b> <a href="http://www.PECentral.org">www.PECentral.org</a>	Provides information about developmentally appropriate physical education programs for children and youth, offers motivational kids fitness programs including Log it, a pedometer step logging program and provides free published physical activity and nutrition lesson ideas.	<b>Youth, Adult</b>	Youth, Parents, Educators	<b>Free</b>

<p><b>Preschool Rock</b>  <a href="http://www.preschoolrock.com">www.preschoolrock.com</a></p>	<p>An Internet network dedicated to parents and teachers of preschoolers that provides tons of great ideas for games, crafts, and fitness activities to keep preschoolers moving, learning and engaged.</p>	<p><b>Adult, Educator</b></p>	<p>Youth, Parents, Educators</p>	<p><b>Free</b></p>
<p><b>Shape Up America! Healthy Weight for Life</b>  <a href="http://www.shapeup.org/prof/rc_index.php">http://www.shapeup.org/prof/rc_index.php</a></p>	<p>The Resource Center provides healthy weight for life resources such as portion control tutorial, walking program,, nutrition inform., guides, tools, portion control tutorial, tips for family fitness fun.</p>	<p><b>Adults</b></p>	<p>Youth, Parents, Adults</p>	<p><b>Free</b></p>
<p><b>Strategic Alliance</b>  <a href="http://preventioninstitute.org/strategic-alliance">http://preventioninstitute.org/strategic-alliance</a></p>	<p>A coalition of nutrition and physical activity advocates promoting solutions to California's nutrition and physical activity environmental barriers.</p>	<p><b>Adult</b></p>	<p>Youth, Adult, Educators</p>	<p><b>Free</b></p>
<p><b>We Can! Ways to Enhance Children's Activity and Nutrition</b>  <a href="http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/">http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/</a></p>	<p>Provides guidance for adults to promote child health; the "Live It" section is full of tips and ideas to help parents and families get started on the road to a healthy weight. You will find tips for making smart food choices, increasing physical activity for the family, and reducing use of TV, DVDs, video games, and recreational computer use ("screen time").</p>	<p><b>Adult</b></p>	<p>Youth, Adult</p>	<p><b>Free</b></p>
<p><b>WIN: Weight-control Information Network</b>  <a href="http://win.niddk.nih.gov/publications/young_heart.htm">http://win.niddk.nih.gov/publications/young_heart.htm</a></p>	<p>Young at Heart: Tips for older adults. Topics include healthy eating, planning and preparing meals, healthy weight, safe physical activity, getting active and resources.</p>	<p><b>Adult</b></p>	<p>Seniors</p>	<p><b>Free</b></p>

## NUTRITION

<b>American Dietetic Association*</b> <i>*The American Dietetic Association is officially changing its name to the Academy of Nutrition and Dietetics, effective January 2012.</i> <a href="http://www.eatright.org/default.aspx">http://www.eatright.org/default.aspx</a>	Provides objective food and nutrition information, recipes, tips and resources.	<b>Adult, Educator</b>	Youth, Adults, Seniors, Educators	<b>Free, Some require membership</b>
<b>Arizona Nutrition Network</b> <a href="http://www.eatwellbewell.org/">http://www.eatwellbewell.org/</a>	Segments include <i>Have fun and play games, Grow a healthy family and Help teach a healthy lifestyle.</i>	<b>Youth, Adult, Educator</b>	Youth, Adult, Parents, Educators	<b>Free</b>
<b>Biodynamic farming and gardening association</b> <a href="http://www.biodynamics.com/csa.html">www.biodynamics.com/csa.html</a>	A type of organic farming that incorporates an understanding of “dynamic” forces in nature not yet fully understood by science.	<b>Adult</b>	Adults	<b>Prices vary</b>
<b>Choose My Plate</b> <a href="http://www.choosemyplate.gov/">http://www.choosemyplate.gov/</a>	Resources for promoting dietary guidance for all Americans. Provides nutrition tips and food group information.	<b>Adult</b>	Adults	<b>Free</b>
<b>Center for nutrition policy and promotion</b> <a href="http://www.cnpp.usda.gov/dietaryguidelines.htm">http://www.cnpp.usda.gov/dietaryguidelines.htm</a>	USDA dietary guidelines, healthy eating index, food planner and nutrition education information.	<b>Adult</b>	Adults	<b>Free</b>
<b>Center for Science in the Public Interest (CSPI)</b> <a href="http://www.smartmouth.org">http://www.smartmouth.org</a>	The very creative-interactive CSPI website featuring the “food police” provides consumer facts, advertising tricks, recipes, brain teasers, informational bites, and how fast foods measure up nutritionally.	<b>Youth, Adult</b>	Youth, Adult	<b>Free</b>
<b>Food &amp; Nutrition Information Center: Consumer Corner</b> <a href="http://fnic.nal.usda.gov/nal_display/index.php?tax_level=1&amp;info_center=4&amp;tax_subject=358">http://fnic.nal.usda.gov/nal_display/index.php?tax_level=1&amp;info_center=4&amp;tax_subject=358</a>	Their goal is to help you find information on food and nutrition topics and link you to the most trustworthy and up-to-date information from both government and non-government sources.	<b>Adult, Educator</b>	Youth, Adults, Educators	<b>Free</b>
<b>Garden of Eden Organics</b> <a href="http://www.gardenofedenorganics.com">www.gardenofedenorganics.com</a>	A co-op of 13 small farms, which for our members means variety. This is one of the most important distinctions of our program.	<b>Adult</b>	All	<b>Prices vary</b>
<b>Harvest of the Month</b> <a href="http://www.harvestofthemonth.com/family-newsletter.asp">http://www.harvestofthemonth.com/family-newsletter.asp</a>	Parent newsletters featuring a fruit or vegetable each month. Each newsletter includes general information on how nutrition affects a child’s health and education, tips for providing more fruits and vegetables and ways to encourage healthy food choices, monthly featured recipe, tips for selecting, storing and serving the featured produce item and ideas for engaging in physical activity.	<b>Adult, Educator</b>	Youth, Adults, Educators	<b>Free</b>



<p><b>Healthy Fontana: Healthy Eating &amp; Lifestyles</b>  <a href="http://www.fontana.org/index.aspx?NID=1340">http://www.fontana.org/index.aspx?NID=1340</a></p>	<p>The <i>Fast Fresh Fabulous Cooking Classes</i> are unique interactive classes that promote the importance of eating five to nine servings of fruits and vegetables per day and the benefits of eating and cooking healthy. <i>Healthy Jr. Chef's Cooking Class</i> provides hands on experience teaching children how to cook/prepare healthy dishes and snacks.</p>	<p><b>Adult</b></p>	<p>Youth, Adult</p>	<p><b>Free</b></p>
<p><b>Inland Empire Organic Produce Buying Club</b>  <a href="http://www.meetup.com/organicproduce">www.meetup.com/organicproduce</a>  Two locations:</p> <ul style="list-style-type: none"> <li>- Redlands, CA at Farm Artisan Foods restaurant, located downtown on State Street. <a href="http://www.farmartisanfoods.com/">http://www.farmartisanfoods.com/</a></li> <li>- The Cherry Valley at Highland Springs Resort/Grand Oak Steakhouse. <a href="http://hsresort.com">http://hsresort.com</a></li> </ul>	<p>Pool your money with a group to make weekly purchases of fresh, certified organic produce from an organic wholesaler, and when possible, local, organic farmers. Produce is evenly divided amongst the participants. Everyone goes home with a big basket containing a variety of fresh, organic fruits and veggies, for a fraction of what you would pay in supermarkets.</p>	<p><b>Adult</b></p>	<p>All</p>	<p><b>Prices vary</b>  Volunteer based, nonprofit organization. All money collected is used exclusively for produce and expenses.</p>
<p><b>Inland Orange Conservancy (IOC)</b>  <a href="http://www.inlandorange.org">http://www.inlandorange.org</a></p>	<p>As an Advocate for locally grown citrus, IOC provides outreach to educate the community on citrus heritage thru taste testing, grove walks, and school activities; makes groves sustainable by connecting local growers to local consumers in its "Share of the Crop" program; and gleans the fruit and gets it to the Inland Empire needy, via its "Thanks a Ton" gleaning program. Site provides information on how to participate in the programs or request outreach education.</p>	<p><b>Adult</b></p>	<p>Adult</p>	<p><b>Free</b></p>
<p><b>Keep Kids Healthy</b>  <a href="http://www.keepkidshealthy.com">www.keepkidshealthy.com</a></p>	<p>Customized newsletter, safety guidelines, parent tips and health information library.</p>	<p><b>Adult</b></p>	<p>Youth</p>	<p><b>Free</b></p>
<p><b>KIDS eat right</b>  <a href="http://www.eatright.org/kids/">http://www.eatright.org/kids/</a></p>	<p>A source for scientifically-based health and nutrition information you can trust to help your child grow healthy. As a parent or caretaker you need reliable resources and you can find them here, backed by the expertise of nutrition professionals.</p>	<p><b>Adult</b></p>	<p>Parent / Caregiver</p>	<p><b>Free</b></p>
<p><b>Local Harvest</b>  <a href="http://www.localharvest.org">www.localharvest.org</a></p>	<p>Find local farmers' markets, family farms and growers that sell directly to the public. Free newsletters are also available. Buy produce, grass-fed meats, and many other goodies. Tours may also be offered.</p>	<p><b>Adult</b></p>	<p>Youth, Parents</p>	<p><b>Free</b></p>
<p><b>Meals for You</b>  <a href="http://www.mealsforyou.com/cgi-bin/customize?recipes_main.html">http://www.mealsforyou.com/cgi-bin/customize?recipes_main.html</a></p>	<p>Over 8000 free recipes selected by title, ingredients, nutritional contents, course, popularity or appliance.</p>	<p><b>Adult</b></p>	<p>Adults, Meal preparers</p>	<p><b>Free</b></p>

<b>Meals Matter</b> <a href="http://www.mealsmatter.org">http://www.mealsmatter.org</a>	<p>The resources help you establish a pattern of healthy food choices each week by providing a range of features to make planning healthy meals easier, such as nutrition articles, recipes, personalized cookbooks and shopping lists.</p>	<b>Adult</b>	Adults, Meal preparers	<b>Free</b>
<b>National Women’s Health Information Center</b> <a href="http://www.WomansHealth.gov">www.WomansHealth.gov</a>	<p>The federal government source for women’s health information website providing health updates, publications, campaigns and activities.</p>	<b>Adult</b>	Women	<b>Free</b>
<b>Nourish Food &amp; Community. What’s the story of your food?</b> <a href="http://www.nourishlife.org">www.nourishlife.org</a>	<p>Nourish is an educational initiative designed to open a meaningful conversation about food and sustainability, particularly in schools and communities. With beautiful visuals and inspiring stories, the Nourish film traces our relationship to food from a global perspective to personal action steps. Amplify the conversation about good food. Read the latest Nourish news, download resources, and help spread the word. Sign up to become part of this growing network.</p>	<b>Adult</b>	Adults, Educators, food service staff,	<b>Free to educators and nonprofit support providers.</b>
<b>Nutrition Exploration</b> <a href="http://www.nutritionexplorations.org/kids/main.asp">http://www.nutritionexplorations.org/kids/main.asp</a>	<p>This brightly colored lively sight makes learning fun for everyone featuring contests, fun games, recipes and more.</p>	<b>Youth, Adult</b>	Youth, Adult	<b>Free</b>
<b>Nutrition for Kids</b> <a href="http://www.nutritionforkids.com">www.nutritionforkids.com</a>	<p>Information on teaching nutrition to kids, newsletters for parents, activities for youth, handouts, stickers &amp; much more.</p>	<b>Youth, Adult</b>	Youth, Adults	<b>Free</b>
<b>Produce for Better Health Foundation</b> <a href="http://www.fruitsandveggiesmorematters.org/">http://www.fruitsandveggiesmorematters.org/</a>	<p>Information on fruit and veggie nutritional values and storage, increasing fruit &amp; veggie consumption at the worksite, planning and shopping, cooking, recipes, getting kids involved, free newsletter and other healthy resources. Check out their new kids’ website at <a href="http://www.foodchamps.org/">http://www.foodchamps.org/</a></p>	<b>Adult</b>	Youth, Parents	<b>Free</b>
<b>Producepedia</b> <a href="http://www.producepedia.com/about.php">http://www.producepedia.com/about.php</a>	<p>Site is brought to you by Western Growers, an agricultural trade association whose members grow, pack and ship fresh fruits, vegetables and nuts. This site is designed to provide fun information about produce.</p>	<b>Youth, Adult</b>	All ages	<b>Free</b>

<b>Robyn Van En Center for CSA Resources</b> <a href="http://www.csacenter.org">www.csacenter.org</a>	National resource center for Community-Supported Agriculture (CSA). The center provides outreach and works to gain publicity about CSA farms in order to benefit community farmers and communities everywhere.	<b>Adult</b>	Adults	<b>Prices vary</b>
<b>Slow Food Redlands</b> <a href="http://www.slowfoodredlands.org">www.slowfoodredlands.org</a>	We have activities for children, a community garden, cooking and gardening classes, monthly Salons & Themed Potlucks, a weekly farmers market, field trips, and movie nights! Something for everyone! Check <a href="#">Calendar of Events</a> for this year.	<b>Adult</b>	All	<b>Minimal annual membership fee</b>
<b>Spatulatta! Cooking 4 Kids Online</b> <a href="http://www.spatulatta.com/">http://www.spatulatta.com/</a>	A compelling website where kid teach kids through video recipes introducing cooking skills and modeling healthy behavior by using fresh, basic ingredients with a minimum of preprocessing. Site encourages children to eat well, take pride in their accomplishments in the kitchen and to understand the connection between farm and dinner table.	<b>Youth</b>	Youth	<b>Free</b>
<b>“Spot the Block”</b> <a href="http://www.cartoonnetwork.com/promos/201004_fda/index.html">http://www.cartoonnetwork.com/promos/201004_fda/index.html</a>	FDA partnered with Cartoon Network to bring videos, games, songs and quizzes that educate youth and promote healthy eating.	<b>Youth</b>	Youth	<b>Free</b>
<b>Team Nutrition</b> <a href="http://www.fns.usda.gov/tn/">http://www.fns.usda.gov/tn/</a>	Team Nutrition's Goal is to improve children's lifelong eating and physical activity habits by using the principles of the Dietary Guidelines for Americans. Poster, flyers and brochures available for download.	<b>Adult</b>	Youth, Adult, Educators	<b>Free</b>