

HOPE Family Cafe: Cooking up Healthy Lifestyles Links & Resources

USDA MyPlate:

- Tips on preparing healthy meals for families
- Eating Healthy on a Budget tips
- Information to guide healthy eating through various life stages (pregnancy, infants, toddlers, etc.)
- Recipes & more



Kids Eat in Color:

- Ideas & recipes to help make feeding picky eaters easier, less stressful and more affordable for all families
- Has a website with a blog, as well as an Instagram page



Solid Starts:

- Composed of parents, feeding therapists, swallowing specialists, pediatricians, allergists, nutritionist, lactation consultant, and pediatric dietitians
- Mobile app called “Solid Starts” which is a first foods database. Input in a food to see how to properly serve it to children, recipes for that food, and possible allergen info
- Tips on feeding kiddos, mealtime practices, and reversing picky eating habits
- Has a website with a blog, as well as an Instagram page



**CLICK OR
SCAN THE
QR CODES!**

Cooking Matters:

- Quick, budget-friendly ideas to help make healthy choices for your family
- Resources including budget hacks, time savers, parenting shortcuts, kids in the kitchen, & more



Nemours KidsHealth:

- How to keep your body healthy
- Recipes and tips to get children involved in the kitchen



Eat Right:

- Tips & recipes for children of all ages



Super Healthy Kids:

- Nutritious recipes for breakfast, lunch, dinner and snacks

