

Media/ website links

Links: <https://whatscooking.fns.usda.gov>

The link provides recipes and tools for cooking. It also has a section called “USDA Facts Sheets” which has the programs the food bank uses through the USDA and the food in those programs. Nutritional facts and recipes appear when product is clicked.

<https://www.choosemyplate.gov/>

The link above has topics for children, picky eaters, and adults, eating on a budget, recipes and menus. This is the new and accepted version of the food pyramid.

<https://hungerandhealth.feddingamerica.org>

This resource will allow people to understand what food insecurity is and how to combat it. It also has recipes for more typical food bank items as well as food that is not always typical.

<https://eatright.org>

This link has science based nutrition related articles for every age and every question almost. It is much more reliable than the fad diet article seen on Facebook. It has the ages broken down by baby, toddler, preschool, grade school, teen, adult and senior. This is useful because it has more age specific information. It also covers health, nutrition and fitness.