

# NEW CORE NUTRITION MESSAGES FROM FNS



## MILK

1. There's no power like mom power.
2. Mom is a child's first teacher.
3. Strong bodies need strong bones.



## WHOLE GRAINS

1. Give yourself and those you love.
2. Discover the goodness of whole grains.
3. Whole grains make a difference.
4. Start them early with whole grains.
5. Happy Kids. Happy Tummies.



## CHILD FEEDING

1. Enjoy each other while enjoying family meals.
2. Feed their independent spirit.
3. Let go a little to gain a lot.

For detailed information on core nutrition messages and access to online tools and teaching materials, visit:

<http://www.fns.usda.gov/fns/corenutritionmessages/default.htm>

## ONLINE COMMUNICATION TOOLS to teach Moms and Kids

<p><b>WIDGETS</b></p> <p>Give Yourself and Those You Love the Goodness of Whole Grains.</p> <p>Whole grains are rich in vitamins, minerals and other nutrients to help keep your family healthy. At least half of the grains you eat each day should be whole grains.</p> <p>Roll over the images below for tips to help you identify whole-grain foods and include them in meals and snacks.</p> <p>Choose foods that are whole grain. Some foods are always whole grain, like oatmeal, brown rice, wild rice and popcorn.</p>	<p>Help spread the messages by placing a link to these interactive, online tools on your web site, in blogs, and in other electronic communications. There is one widget for each of the core message topics above.</p> <p>These ready-to-go resources deliver small, but important components of the messages, with tips and advice.</p>
<p><b>VIDEOS</b></p>	<p>Connect with moms through these culturally-diverse videos that cover the “what,” “why,” and “how” of the messages and supporting content. There is one video for each of the core message topics above.</p> <p>The mother-to-mother style of the clips teaches messages in a conversational tone and focuses on key information.</p>