



United States Department of Agriculture
Research, Education, and Economics
Agricultural Research Service
National Agricultural Library

Dear WIC Nutrition Professional,

The USDA/Food and Nutrition Service (FNS) and the WIC Works Resource System of the USDA/Food and Nutrition Information Center enthusiastically announce that **Food and Fun for Families** is now available on the WIC Works Resource System at www.nal.usda.gov/wicworks!

What is Food and Fun for Families? Food and Fun for Families is an online gallery of materials developed by states as part of the FIT WIC Obesity Prevention Initiative. For more information about the original project see www.nal.usda.gov/wicworks/Sharing_Center/statedev_FIT.html.

What will I find in the Food and Fun for Families gallery? Food and Fun for Families is organized into 4 sections. Each contains a table of contents followed by a gallery of thumbnail pictures and a link to the full-text of each of the resources on the following topics:

- **Active Play**
 - Playing with your baby and toddler
 - Building physical skills and finding creative places to play
- **Family Meals**
 - The feeding relationship and tips for successful mealtimes
 - Introducing and preparing new foods and setting limits on unhealthy practices
- **Fruits and Vegetables**
 - Introducing and preparing new foods
 - Farmer's Market fun with children
- **Water Intake**
 - Identifying drinks high in sugar and tips for making drinking water fun
 - Encouraging water drinking in community settings

Remind me - where can I get these materials? They are available on the WIC Works Web site as listed above. However, for your convenience we have enclosed a mini compact disc which contains these files. No internet connection is necessary to view or print the files. We have also enclosed a hard copy listing of all the materials found on the compact disc and the web site.

Is it OK for me to use the materials? Absolutely! The resources are for your use and are full text, printable, copyright free and ready-to-use!

Remember...YOU are WIC's most important resource! WIC Works continues to strive to improve your access to online resources that help you to better serve WIC participants. We know you will find this new section of the site useful and as always, we hope you enjoy the many other features provided by WIC Works! Let us know what else we can do to help **You** and help **WIC!**

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