



# PROMOTING CHILDREN'S PHYSICAL HEALTH



RESOURCES FOR SOCIAL WORKERS AND PUBLIC HEALTH NURSES

## EDUCATIONAL TOOLS

Links providing handouts and tools you can use during client visits to educate families on nutrition and physical activity.

### Nutrition Tools

- [10 Tips Nutrition Education Series](#)
- [Eat Right Nutrition Tips and Handouts](#)
- [Meal Planning, Shopping, and Budgeting](#)
- [Cooking](#)
- [Healthy Foods](#)
- [Recipes and Cookbooks](#)
- [Weight and Eating Problems](#)

### Physical Activity Tools

- [Indoor Physical Activity Resources](#)
- [Adolescent Physical Activity Handouts](#)
- [Staying Fit Resources](#)
- [Exercise Safety](#)
- [Exercise and Physical Fitness](#)
- [MOVE! Physical Activity Handouts](#)
- Kids' 10-Minute Exercise Break: [EN](#)/[SP](#)

## NUTRITION & PHYSICAL ACTIVITY PROGRAM REFERRALS IN LA COUNTY

General nutrition and physical activity program referrals throughout LA County. For a regional list of resources, please access community resource guides under [Helpful Links](#).

### Nutrition Programs

- [Women, Infants and Children \(WIC\)](#)
- [CalFresh \(food stamps\)](#)
- [Choose Health LA Restaurants](#)
- [LA County Farmers Markets](#)
- [The Los Angeles Regional Food Bank](#)
- [Summer Meal Programs](#)

### Physical Activity Programs

- [School Meals](#)
- [LA County Parks are Recreation](#)
- [YMCA](#)
- [Jubilee Consortium Fitness Classes](#)
- [Free and Low-Cost Physical Activity](#)

## MEDICAL & WELLNESS RESOURCES / ORGANIZATIONS

Links to national organizations specializing in various nutrition, physical activity, and disease-specific conditions.

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| <a href="#">American Academy of Pediatrics</a>     | <a href="#">First 5 LA</a>           |
| <a href="#">Academy of Nutrition and Dietetics</a> | <a href="#">Healthy City</a>         |
| <a href="#">USDA Choose My Plate</a>               | <a href="#">Parenting Tip Sheets</a> |
| <a href="#">Latino Diabetes Association</a>        | <a href="#">Choose Health LA</a>     |

