



## Things to share:

Ever wish there was an “App for food storage advice?” There is! Staff and clients may want to:

- Download this free app (Android and iPhone) from the USDA at:  
<http://www.fsis.usda.gov/wps/portal/fsis/newsroom/meetings/feeds-and-subscriptions/apps>

*The FoodKeeper application offers users valuable storage advice about more than 400 food and beverage items, including various types of baby food, dairy products and eggs, meat, poultry, produce, seafood, and more.*

Use your Facebook and Twitter accounts to “market the market”:

- Share videos and recipes on Facebook using tools from the USDA core messages:
  - ... Core nutrition messages especially for moms: <http://www.fns.usda.gov/core-nutrition/especially-moms>
  - ... Try a FMNP “Selfie-wall” for clients to take their own “selfies” - with consent; they can even post their pictures to your agency’s Facebook page. See an example in the “Clinic Ideas” slides.
- Tweet these core nutrition messages from the USDA:
  - ... Kids learn by watching you. Eat fruits and veggies and your kids will too!  
<http://1.usa.gov/1fvvpjz> #NutrMSGs
  - ... Especially for Moms: tools for you to help your kids to eat healthy foods, with videos, recipes & more! <http://1.usa.gov/1fvvpjz> #NutrMSGs
  - ... Let your kids be produce helpers. Help them pick fruits & veggies to buy, then try one of these recipes: <http://1.usa.gov/1fvvpjz> #NutrMSGs
  - ... This fun activity can help kids learn healthy habits about fueling up with fruits & veggies! <http://1.usa.gov/1lBobSB> #NutrMSG

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**Nutrition Education resources from the [Fulfillment Center](#) – re-stock or add new items!**

[Farmers Market](#) – **NEW!** Bilingual Fruit and Vegetables –by Sara Anderson Show; Fun at the Farmers Market

[Fruit and Vegetable Materials for Children](#) – Bookmarks and stickers featuring fruits and vegetables

[Children](#) - Veggies for Kids...6 steps to loving vegetables; Sesame Workshop – The Get Healthy Now Show; I Love Fruits and Veggies!

[General Nutrition](#) – 55 Ways to Add Fruits and Vegetables (961-178)

[WIC Foods](#) – Child Vegetable Nutrition Education cards & Fruit and Vegetable Nutrition Education Cards; Let’s Cook Third Edition (960-268)

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For persons with disabilities, this document is available on request in other formats.

To submit a request, please call 1-800-841-1410 (TDD/TTY 711).

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