

Week Three

Resource Sheet



Key Resources

✓ SDA MyPlate – Nutrition & Healthy Eating

Provides science-based guidance on building balanced meals, portion sizes, and incorporating fruits and vegetables into daily diets. Includes recipes, meal plans, and interactive tools.

Links → myplate.gov

✓ WVU Extension – Family Nutrition Program (FNP)

Offers practical nutrition education focused on healthy eating, meal planning, budgeting, and cooking with fresh ingredients. Tailored for West Virginia communities.

Link → extension.wvu.edu/food-health/nutrition/fnp

✓ Centers for Disease Control and Prevention (CDC) – Produce Nutrition

Explains the health benefits of eating fruits and vegetables, including their role in preventing chronic diseases such as heart disease, diabetes, and obesity.

Link → cdc.gov/nutrition

✓ Produce for Better Health Foundation – Fruits & Veggies [Eat the Rainbow]

Highlights the importance of eating a variety of colorful fruits and vegetables to ensure a wide range of nutrients and antioxidants.

Link → fruitsandveggies.org/

✓ Seasonal Food Guide – West Virginia

Interactive tool showing when fruits and vegetables are in season locally, helping participants choose the freshest and most nutritious options.

Link → seasonalfoodguide.org/

This week's resources focus on helping participants understand the nutritional value of specialty crops and their role in supporting a healthy, balanced diet. Materials from USDA, WVU Extension, and nutrition organizations provide guidance on vitamins, minerals, and antioxidants found in fruits, vegetables, and herbs, along with practical tools for meal planning and healthy eating.

These resources directly support the Nutrition Workshop activity by giving participants the knowledge and tools to incorporate nutrient-rich specialty crops into their daily meals. Through charts, recipes, and planning templates, participants can apply what they learn and build healthier eating habits using locally grown foods.