



**Association of State Public Health Nutritionists**  
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<b><i>Resources for promoting fruits &amp; vegetables</i></b>
<p>South Dakota Harvest of the Month: a downloadable education program designed to make learning about fruit and veggies east, tasty and fun.  <a href="https://healthysd.gov/category/harvest+schools/">https://healthysd.gov/category/harvest+schools/</a></p>
<p>Alaska Tundra-to-Table Scroll: Videos and handouts designed to celebrate the benefits of wild, Alaskan superfoods. The series demonstrates how to make simple, healthy dishes using ingredients that are readily available in villages, both from the tundra and the store</p> <p>These are Alaska specific but other states might want to make some for their plants  <a href="http://dhss.alaska.gov/dpa/Pages/nutri/default.aspx">http://dhss.alaska.gov/dpa/Pages/nutri/default.aspx</a> scroll down to “tundra to table” for the handouts and the videos.</p>
<p>Fresh Approach (connected with Pacific Coast Farmers Market Assn) <a href="https://www.freshapproach.org/">https://www.freshapproach.org/</a></p>
<p>Materials from the Produce for Better Health: <a href="https://fruitsandveggies.org/">https://fruitsandveggies.org/</a></p>
<p>Iowa State University Extension and Outreach- Spend Smart. Eat Smart  <a href="https://spendsmart.extension.iastate.edu/">https://spendsmart.extension.iastate.edu/</a></p>
<p>Plate it Up Kentucky Proud: a partnership project between the University of Kentucky Cooperative Extension Services, the Kentucky Department of Agriculture and the University of Kentucky School of Human Environmental Sciences. The project provides healthy, great tasting recipes using Kentucky Proud products for the people of Kentucky. <a href="https://fcs-hes.ca.uky.edu/content/plate-it-kentucky-proud">https://fcs-hes.ca.uky.edu/content/plate-it-kentucky-proud</a></p>
<p>New Hampshire Extension: Simple Meal Planner recipes:  <a href="https://extension.unh.edu/resource/simple-meal-planner-recipes">https://extension.unh.edu/resource/simple-meal-planner-recipes</a></p>
<p>Nutrition Matters: <a href="https://stores.numatters.com/">https://stores.numatters.com/</a></p>
<p>Cultivate Michigan: Supply, source and serve local foods. The latest resources and information for developing lasting Farm to Institution programs in Michigan.  <a href="http://www.cultivatemichigan.org/resources">http://www.cultivatemichigan.org/resources</a></p>
<p>Harvest for Healthy Kids: For child care providers – everything you need to inspire children with fresh food grown close to home.  <a href="http://www.harvestforhealthykids.org/">http://www.harvestforhealthykids.org/</a></p>
<p>Ready Set Grow: The Food Trust’s multicultural collection of farm to ECE books highlights children’s book that feature characters from underrepresented racial and ethnic groups, many of which are authored by writers of color.  <a href="http://www.pareadyssetgrow.org/book-list/?ct=t(Ready+Set+Grow11+28+2017)&amp;mc_cid=93d78583de&amp;mc_eid=b7c5f86429">http://www.pareadyssetgrow.org/book-list/?ct=t(Ready Set Grow11 28 2017)&amp;mc_cid=93d78583de&amp;mc_eid=b7c5f86429</a></p>
<p>Institute of Child Nutrition: a USDA funded national center dedicated to applied research, education and training, and technical assistance for child nutrition programs. <a href="https://theicn.org/">https://theicn.org/</a></p>

State Indicator Report on Fruits and Vegetables, 2018 <https://www.cdc.gov/nutrition/data-statistics/2018-state-indicator-report-fruits-vegetables.html>

Progress on Children Eating More Fruit, Not Vegetables <https://www.cdc.gov/vitalsigns/fruit-vegetables/index.html>

Publications for FV intake:

- Centers for Disease Control and Prevention (CDC). State-specific trends in fruit and vegetable consumption among adults --- United States, 2000-2009. MMWR Morbidity and Mortality Weekly Rep. 2010 Sep 10;59(35):1125-30.
- Centers for Disease Control and Prevention (CDC). Fruit and vegetable consumption among high school students--United States, 2010. MMWR Morbidity and Mortality Weekly Report. 2011 Nov 25;60(46):1583-6.
- Kim SA, Moore LV, Galuska D, Wright AP, Harris D, Grummer-Strawn LM, Merlo CL, Nihiser AJ, Rhodes DG. Vital signs: fruit and vegetable intake among children - United States, 2003-2010. MMWR Morbidity and Mortality Weekly Report. 2014 Aug 8;63(31):671-6.
- Moore, LV, Thompson FE. Adults Meeting Fruit and Vegetable Intake Recommendations – United States, 2013. MMWR Morbidity and Mortality Weekly Report. 64(26):709-713; 2015.
- Moore LV, Thompson FE, Demissie Z. Percentage of youth meeting federal fruit and vegetable intake recommendations, Youth Risk Behavior Surveillance System, United States and 33 states, 2013. Journal of the Academy of Nutrition and Dietetics. 117(4):545-553; 2017.
- Lee-Kwan SH, Freeman LM, Blanck HM, Harris DM, and D. Galuska. Disparities in State-Specific Adult Fruit and Vegetable Consumption — United States, 2015. MMWR Morbidity and Mortality Weekly Report. 66(45);1241–1247; 2017.

This list was compiled 11/2019. Please contact Sandy Perkins at [Sandy@ASPHN.org](mailto:Sandy@ASPHN.org) if you would like to suggest additional resources.