

Printable Materials and Handouts Food activity worksheets

Find printable handouts and fact sheets that can be used for health fairs, classes, and other food or nutrition-related events.

[Recipes](#)

Cook up something new in your kitchen with these healthy, delicious recipes.

[Easy Steps to Prevent Food Waste](#)

USDA

View four tips to help you save money when food shopping and help the environment.

[Dietary Guidelines for Americans: Consumer Resources](#)

USDA, HHS

View printable brochures and handouts with healthy eating tips based on the *Dietary Guidelines for Americans, 2020-2025*, including:

- [Build a Healthy Eating Routine](#)

[Cut Down on Added Sugars](#)

[MyPlate Print Materials](#)

USDA, Food and Nutrition Service, Center for Nutrition Policy and Promotion

Browse the MyPlate collection of printable tip sheets and resources. These materials are in the public domain.

[MyPlate Activity Sheets for Kids](#)

USDA, Food and Nutrition Service, Center for Nutrition Policy and Promotion

Want your kids to learn how to build a healthy meal? Use these clever activity sheets to find ideas and tips!

[Tips for Breastfeeding Moms](#)

USDA, Food and Nutrition Service, WIC Works Resource System

View this fact sheet with nutrition tips for breastfeeding moms.

[Food Safety Brochures & Publications](#)

USDA, Food Safety and Inspection Service

View printable materials about food safety, including guides, activity books, and tip sheets.

[Curricula and Lesson Plans](#)

USDA, National Agricultural Library, Food and Nutrition Information Center

View lessons, workshops, activities, and curricula for teachers. Topics include food, nutrition, physical activity, and food safety.

[Food and Physical Activity Checklist](#)

USDA, SNAP-Ed Connection

Use this checklist to track healthy eating and exercise habits throughout your day!

[Healthy Eating: Health Tips for Families](#)

HHS, Administration for Children and Families

View tips for building healthy eating habits in infants, toddlers, and preschoolers. *This fact sheet is available in 13 languages.*

[Diabetes Fact Sheets](#)

HHS, Centers for Disease Control and Prevention

Printable fact sheets for living with and managing diabetes.

[Eat Smart, Move More! Healthy Lifestyle Goals Calendar](#)

HHS, Centers for Disease Control and Prevention

Use this calendar to get ideas for making small changes to your healthy eating and exercise routine. There is also space to add your own goals!

[Everyday Food Safety Resources for Health Educators](#)

HHS, Food and Drug Administration, Center for Food Safety and Applied Nutrition

FDA's Center for Food Safety and Applied Nutrition developed "Everyday Food Safety" resources to increase food safety awareness among young adults ages 18 – 29. Check out the materials available to use in your classroom, health expo, waiting room, or website.

[What's New with the Nutrition Facts Label](#)

HHS, Food and Drug Administration

The U.S. Food and Drug Administration (FDA) has updated the Nutrition Facts label on packaged foods and beverages with a new design, making it easier to make informed choices towards healthy eating habits.

[The New and Improved Nutrition Facts Label - Key Changes](#)

HHS, Food and Drug Administration

This one-page handout highlights the key changes being made to the new Nutrition Facts Label.

[Tips to Reduce Food Waste - Print & Share](#)

HHS, Food and Drug Administration

Share these tips to reduce food waste, save money, and protect the environment.

[NHLBI Publications and Resources: DASH Diet](#)

HHS, National Institutes of Health, National Heart, Lung, and Blood Institute

Browse handouts and recipes for the Dietary Approaches to Stop Hypertension (DASH) Diet. Topics include getting more potassium, staying on track, and meal tracking for different calorie levels.

[Order Free Publications](#)

HHS, National Institutes of Health, National Institute on Aging

Looking for materials about healthy aging for older adults? Download or order these free handouts and booklets on exercise, nutrition, and other health topics.

[Advanced Health Information Search: Patient Education and Outreach Materials](#)

HHS, National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases

View science-based fact sheets and handouts for health fairs and community events.

[Sisters Together: Move More, Eat Better Program Guide](#)

HHS, National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases, Weight-control Information Network

The Sisters Together program encourages Black women ages 18 and older to reach and maintain a healthy weight. Learn how to bring the program to your community.

[Eating Disorders: About More Than Food Brochure](#)

HHS, National Institutes of Health, National Institute of Mental Health

Download, print, or order a free copy of this brochure on eating disorders. Also available in Spanish.

[Vitamin and Mineral Supplement Fact Sheets](#)

HHS, National Institutes of Health, Office of Dietary Supplements

Access vitamin and mineral supplement fact sheets for the consumer or health professional. Available in PDF format, and in Spanish.

[Dietary Guidelines Toolkit for Professionals](#)

HHS, Office of Disease Prevention and Health Promotion

Find handouts that teach how to build a healthy eating routine, cut down on added sugars, cut down on sodium, and cut down on saturated fat.

[Move Your Way Fact Sheets and Posters](#)

HHS, Office of Disease Prevention and Health Promotion

Print and share these fact sheets and posters to help people learn key recommendations from the Physical Activity Guidelines. Find materials for adults, older adults, parents and kids, and during and after pregnancy.

[Patient Materials](#)

HHS, Office on Women's Health

Browse by health topic or resource type to find 1-page printable fact sheets written at the 6th- to 8th-grade reading level in English or Spanish.

[30-Day Fruit and Veggie Challenge](#)

Department of Defense, Navy Medicine, Navy and Marine Corps Public Health Center

Challenge yourself to eating fruits and vegetables in new ways by following along to this 30-day calendar.

[Mastering Healthy and Flavorful Cooking](#)

Department of Defense, Navy Medicine, Navy and Marine Corps Public Health Center

What are healthy cooking methods, and what equipment do you need for each method? Read this handout to find out.

[One Day at a Time: 31-Day Challenge for a Healthier Life](#)

Department of Defense, Navy Medicine, Navy and Marine Corps Public Health Center

Use this 31-day calendar to challenge yourself to one choice for a healthy weight each day.

[Spice It Up!](#)

Department of Defense, Navy Medicine, Navy and Marine Corps Public Health Center

View a table of spices to learn about their flavors and uses.

[How to Use a Hunger Scale for Healthier Habits](#)

Department of Defense, Uniformed Services University, Consortium for Health and Military Performance

Use this handout to measure your hunger level on a scale of 1 to 10.

[MOVE! Weight Management Program](#)

U.S. Department of Veterans Affairs

Find handouts to help you manage your weight with healthy eating and physical activity.

[Weekly Menu Planner](#)

Utah State University Extension

Use this handout to plan weekly meals and create a grocery list.