

## Healthy & Delicious Cookbooks:

1. *Fast and Fit: 150 Quick and Healthy Recipes Ready in Just 30 Minutes or Less!* By Ellen Haas
2. *Healthy Home-style Cooking* by Evelyn Tribole, MS, RD
3. *Weeknight Wonders* by Ellie Krieger, MS, RD
4. *So Easy: Luscious, Healthy Recipes for Every Meal of the Week* by Ellie Krieger, MS, RD
5. *Cooking Light Real Family Food: Simple and Easy Recipes Your Whole Family Will Love* by Amanda Haas
6. *Healthy Meals for Hurried Families* by Jan Tilley, MS, RD, LD
7. *Quick and Healthy Cookbook* by Brenda Ponichtera, RD
8. *Cooking Light's Fresh Food Fast Weeknight Meals* by Cooking Light
9. *The Everything Healthy Slow Cooker Cookbook (Everything Series) Paperback* by Rachel Rappaport and B. E. Horton, MS, RD
10. *Cooking Light Slow-Cooker Tonight!* by Cooking Light

## Nutrition and Recipe Websites:

<http://www.chop.edu/service/healthy-weight-program/healthy-weight-education/nutrition-in-the-kitchen-cookbook.html>

- Access to the Healthy Weight Program's Nutrition in the Kitchen Cookbook!

<http://www.choosemyplate.gov/>

- Tips, meal plans, sample menus and recipes, videos, eating on a budget tips, and more!

<http://www.chopchopmag.org/recipes>

- More recipes and ideas from the magazine CHOP CHOP

<http://www.superkidsnutrition.com/>

- Tons of recipes, tools, tips, articles, and worksheets all focusing on nutrition. Very helpful website for parents!

<http://www.cdc.gov/bam/>

- BAM! Is focused on the Body and Mind and has kid-friendly information on food and nutrition and physical activity

<http://www.eatright.org/kids>

- This website is filled with article, tips, cooking methods, preparation, food safety, videos, and recipes for all ages

<http://www.letsmove.gov/kids>

- Valuable information for both kids and parents on nutrition and fitness. Tips on how to break up TV time, planting a garden, making healthy meals, and getting more physical activity

<http://pbskids.org/games/healthyeating.html>

- This website by PBS has a ton of Healthy Eating Games such as “Supermarket Adventure” and “Kitchen Magician” to help children learn in an interactive way.

<http://www.pbs.org/parents/food-and-fitness/>

- Includes tips, recipes, games, and other tools for parents and families

<http://kids.usa.gov/exercise-and-eating-healthy/eating-healthy/index.shtml>

- Games and recipes for kids

<http://www.eatingwell.com/>

- Eating Well contains a very picture-filled and colorful website with recipes, menus, diet and health information, food news, and healthy cooking tips and ideas.

<http://www.cookinglight.com/>

- Cooking Light’s website is filled with healthy living tips, recipes, nutrition news, healthy cooking videos, and more!

<http://recipefinder.nal.usda.gov/>

- This website allows you to create your own cookbook, add recipes of your own, provides food demonstration tips, and provides a ton of recipes based on whatever you are interested in- you can search by ingredients, cultural preferences, budget, cooking equipment available, etc.

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