



## 5 A Day and School-Age Children

# 5 A Day Websites

### <http://www.5aday.gov>

National Cancer Institute's (NCI) 5 A Day official website. Interactive and multi-media links, including: research, an information kit, recipes, Q&A, health quizzes, tracking charts, meal comparisons and promotional ideas.

### <http://www.5aday.com>

Produce for Better Health's 5 A Day official website. Nutrition facts, recipes, tips, promotional items, marketing kits, merchandise, games and coloring pages for kids, links to government agencies, fruit and vegetable corporations and research.

### <http://www.eatsmartmovemorenc.com/fiveaday>

NC 5 A Day Coalition's official website. Coalition information and membership forms, NC 5 A Day toolkit order form, links to NC initiatives and data.

### <http://www.nutritionnc.com/netlibrary/index.htm>

Library catalog of 5 A Day and nutrition audiovisuals, games, curricula guides and resources for classroom, cafeteria and community.

### <http://www.agr.state.nc.us/>

NC Department of Agriculture's official website. Agricultural information, market news, calendar of events, soil testing information, recipes, news releases, farmers' market links, resources for teachers and children's activities.

### <http://www.agr.state.nc.us/markets>

Links to farmers' markets and agricultural centers in NC. Maps, directions, floorplans, produce availability, hours of operation, calendar of events and useful links.

### <http://www.ncagr.com/freshconnect/directory.htm>

A listing of all NC commodities and produce growers and shippers.

### <http://www.ncsweetpotatoes.com>

The NC Sweet Potato Commission official website. Nutritional and historical facts, tips for buying, storing and serving sweet potatoes, recipes and children's section.

### <http://www.pma.com>

The Produce Marketing Association's website. Links to commercial industry giants (Sunkist, Dole, Del Monte and others) and state commodity associations.

### <http://www.nutrition.gov>

The federal government's guide to nutrition and health, including food facts, food safety, health management, food assistance, research and resources.

### <http://www.aboutproduce.com>

Sponsored by the PMA and Produce for Better Health. Information, recipes, news articles and a children's section.

### <http://www.sfu.ca/~jfreemont/foodgraphics.html>

Compilation of free nutrition clipart websites.