

National Action Plan Community Resources

Put the following resources to work with your efforts to increase fruit and vegetable consumption. Copy and paste the URLs into your browser for your convenience.

1. California Department of Health Services, *California 5 a Day Campaign's* Fruit, Vegetable, and Physical Activity Toolbox for Community Educators, (second edition available October 2006), http://www.dhs.ca.gov/ps/cdic/cpns/lat5aday/lat_resources.htm
2. California Department of Health Services, *California 5 a Day Campaign's* Conducting Successful Nutrition Education and Physical Activity Promotion at Community Events Manual, <http://www.dhs.ca.gov/ps/cdic/cpns/ca5aday/download.htm>
3. California Department of Health Services, *California Latino 5 a Day Campaign's* Nutrition and Health Barriers Facing California Latinos: Latino Community Leaders Recommend Practical Solutions, http://www.dhs.ca.gov/ps/cdic/cpns/lat5aday/download/Issue_Brief-September05.pdf
4. California Department of Health Services, *Latino 5 a Day Campaign's* Healthy Latino Recipes Made with Love Cookbook, http://www.dhs.ca.gov/ps/cdic/cpns/lat5aday/lat_recipies.htm
5. California Department of Health Services, *African American 5 a Day Campaign's* A Day In The Life Video and Discussion Guide, for information visit <http://www.dhs.ca.gov/ps/cdic/cpns/aa/>
6. California Department of Health Services, *California 5 a Day Campaign's* Fruits and Vegetables for Your Health, Your Life, and Your Neighborhood guide, available in October 2006 at <http://www.dhs.ca.gov/ps/cdic/cpns/>
7. California Department of Health Services, *California Nutrition Network for Healthy, Active Families*, Food Stamp Office Toolkit, www.goodfoodtv.org
8. The Strategic Alliance for Healthy Food and Activity Environments, the Strategic Alliance focuses its promotion of healthy eating and activity environments through five key sectors—children's environments, government, industry practices, health care system, and the media, <http://www.preventioninstitute.org/sa/>
9. Public Health Law Center at the Public Health Institute, General Plans and Zoning: A Toolkit on Land Use and Health, <http://www.healthyplanning.org/toolkits.html>
10. California Elected Women's Association for Education and Research, Winning the Fight for Healthy Weight, California Communities Speak Out, [http://www.cewaer.org/downloads/reports/2005%20Winning%20the%20Fight%20\(Final\).pdf](http://www.cewaer.org/downloads/reports/2005%20Winning%20the%20Fight%20(Final).pdf)
11. Center for Civic Partnerships, Fresh Ideas for Community Nutrition and Physical Activity, <http://www.civicpartnerships.org/docs/publications/CHCC.pdf>
12. Centers for Disease Control and Prevention Fruit and Vegetable State Coordinators, <http://www.cdc.gov/nccdphp/dnpa/5ADay/coordinators/coordinators.htm>

13. Centers for Disease Control & Prevention's and U.S. Department of Health and Human Services' *5 A Day Works*, 2005, <http://www.cdc.gov/5aday>
14. From the Roots Up, a program to mentor and provide support for fledging community garden organizations, www.communitygarden.org/
15. The Gold Coast Collaborative, A Health Crisis in Paradise, [http://www.dhs.ca.gov/CDIC/CPNS/partnerships/downloads/Gold Coast Region Policy Brief.pdf](http://www.dhs.ca.gov/CDIC/CPNS/partnerships/downloads/Gold%20Coast%20Region%20Policy%20Brief.pdf)
16. Health Education Council, Access to Health Foods: The Challenges and Implications for Food Stamp Eligible Residents in Low-Income Communities, <http://www.healthedcouncil.org/gcnn/heal/pdf/4IssuePaper.pdf>
17. Health and Human Services Steps to a Healthier You, <http://www.cdc.gov/steps/>
18. Healthy Eating Lifestyle Principles' *Community Wellness Resources*, http://www.helpunited.org/helpunited_home_eng.html
19. Iowa's Nutrition Network's Pick A Better Snack Campaign aimed at increasing fruit and vegetable consumption among low income families, www.idph.state.ia.us/nutritionnetwork/community-basics.asp. Contact Doris Montgomery dmontgom@idph.state.ia.us prior to use.
20. Los Angeles Collaborative for Healthy Active Children, Taking the First Step with a Healthy Breakfast, [http://lapublichealth.org/nut/LACOLLAB_Files/BreakfastBriefFINAL.pdf#search=%22Taking %20the%20First%20Step%20with%20a%20Healthy%20Breakfast%22](http://lapublichealth.org/nut/LACOLLAB_Files/BreakfastBriefFINAL.pdf#search=%22Taking%20the%20First%20Step%20with%20a%20Healthy%20Breakfast%22)
21. National Cancer Institute's *Body and Soul*, <http://www.cancer.gov>, then NCI pubs, or call 1-800-4-CANCER
22. National Governors Association's *Healthy America Initiative: Healthy America: Wellness Where We Live, Work, and Learn*, <http://www.nga.org/Files/pdf/05HUCKABEEBROCHURE.pdf>
23. The North Coast Nutrition & Fitness Collaborative, From the Redwoods to the Vineyards: North Coast Children on the Brink of a Health Crisis, [http://www.northcoastlean.org/Northcoast_PolicyBrief3.pdf#search=%22From%20the%20Redwoods%20to%20the%20Vineyards%3A%20North%20Coast%20Children%20on%20the %20Brink%20of%20a%20Health%20Crisis%22](http://www.northcoastlean.org/Northcoast_PolicyBrief3.pdf#search=%22From%20the%20Redwoods%20to%20the%20Vineyards%3A%20North%20Coast%20Children%20on%20the%20Brink%20of%20a%20Health%20Crisis%22)
24. Washington State Department of Health's Nutrition and Physical Activity Policy Resource Guide for communities, schools, worksites and healthcare, <http://doh.wa.gov/cfh/NutritionPA/publications/npa-policy-guide.pdf>
25. U.S. Department of Agriculture's Senior Farmers' Market Nutrition Program, <http://www.fns.usda.gov/wic/seniorfmnp/sfmnpmenu.htm>