



During a pandemic, you may be taking extra precautions to keep you and your family safe and prepared, including making sure you have everything you need at home. MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.



Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count. MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health. Looking for an indoor activity? Make food fun for kids by creating a healthy snack together. Follow the steps below to build a spring scene out of foods from each of the five MyPlate food groups.

1. Collect your supplies.
2. Chop up your fruits and veggies.
3. Now, create your spring scene! Make flowers using cheese sticks (or celery sticks) for the stems, cucumber slices as leaves, and slices of oranges as buds and petals.
4. Experiencing a rainy day? Make a spring shower using popcorn to form clouds and sunflower seeds for rain drops. Want a sunny day instead? Use an orange slice and some quartered carrot slices to create a vibrant sun.
5. Have fun and use your favorite foods to make your own unique spring scene. Try other fruits and veggies to make colorful flowers. Use hummus or low-fat plain yogurt for clouds – and as a dip for fruits and veggies. Enjoy your tasty treat!



We hope this week's resources will help you and your families to build resilience during this stressful time.

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

