Digital Family Resource List

Caregiver Resources

- How to Handle Picky Eaters
  - Picky Eaters
- Kitchen Helpers Activity
  - Handout
- Parent Help 123
  - https://www.parenthelp123.org/

Try these APPs

- WIC Shopper APP
  - WIC App
- Stay Play Grow App
  - Stay Play Grow!

Printable Activities

- Healthy Eating
  - Recipes and Meal Planning
- Tips for A Choosy Eater
  - Nibbles EN
  - Nibbles SP
- Good Manners Box
  - Craft
- Counting and Coloring the Number 1
  - Coloring Page

Play & Learn Websites

- Healthy Brains Healthy Kids
  - Stay Healthy
- Young Chef’s Club
  - Chef Club

Videos to Watch

- Giraffe Problems