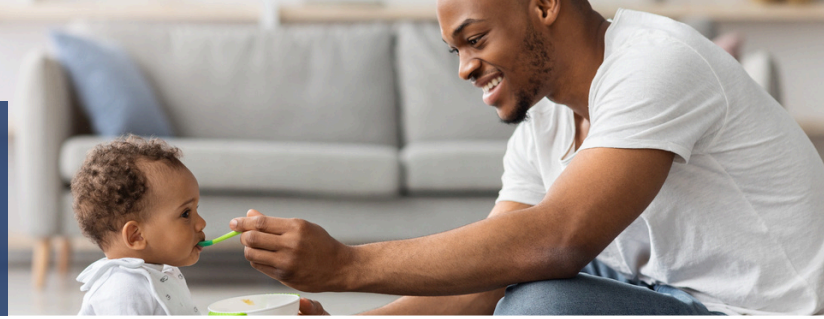


Infant Nutrition



Dads, your role in your baby's nutrition is pivotal. From the early stages of infancy, your involvement sets the foundation for a lifetime of healthy eating habits and emotional bonds. Whether it's supporting breastfeeding, preparing nutritious meals, or actively engaging in feeding times, your presence fosters a sense of security and connection for your little one. Research consistently shows that babies benefit immensely from the active involvement of both parents in their feeding journey, promoting not only physical health but also cognitive and emotional development, so embrace your role in nurturing your baby's nutritional needs. It's not just about feeding, but about building a strong and healthy relationship that lasts a lifetime.

FATHERS PLAY A HUGE ROLE IN SHAPING THE NUTRITION HABITS OF THEIR CHILDREN

By setting examples and making healthy food choices accessible at home, fathers significantly influence their children's long-term dietary behaviors and overall health. **What does this look like?**



Expose young children to a **variety of healthy foods**, and reintroduce them, as palates may change.



Enlist your kids in the kitchen. Meals cooked at home from whole or minimally processed foods are almost always good for one's health.



Be a good **role model**. When your kids see you eat and enjoy healthful food, they're more likely to do it, too.



Get kids **excited about vegetables**. Plant an edible garden or take your kids to farmers' markets. Let them pick out produce at the grocery store.

What to Know About Healthy Nutrition Habits



Dad's Role In Promoting Eating Nourishing Foods: This article discusses the importance of a dad's commitment to eating nourishing foods and how it empowers his children to prioritize good nutrition for themselves, ultimately aiding them in reaching their fullest potential. tinyurl.com/FoodRole



The Unseen Influence: How a Dad's Diet Can Impact His Kids' Health: This article discusses the latest research showing that children as young as 20 months old already share dietary associations with their fathers, eating sugary snacks, fast food, and sugar-sweetened drinks based on their dad's intake. It discusses the importance of setting up good habits for children early on. tinyurl.com/UnseenInfluence



Childhood Nutrition: Nutrition is important to the physical and mental development of children of all ages. This article clearly describes and lists out what children need — no matter what their age. tinyurl.com/Childhood-Nutrition



Healthy Nutrition Guides



Build a Healthy Eating Routine for Your Baby: Infographic guide to giving your child a healthy nutritional start from infancy to 2 years old. To find more information, this infographic is part of a larger webpage full of resources that will help you learn more about the Dietary Guidelines for healthy eating across the lifespan from birth to older adulthood.

Infographic: tinyurl.com/BHE-Routine
Webpage: tinyurl.com/Dietary-GUIDE



HealthyChildren.org: Webpage full of resources that offer guidance in navigating the realm of nutritious eating for infants - most importantly when to give what foods and at what stages of infancy.
tinyurl.com/ChildHealth-Food



USDA MyPlate: Healthy Eating on a Budget



Make a Plan

Tips and tricks for how to get started on planning healthy weekly meals for you and your family at home.

tinyurl.com/MyPlate-Planning



Shop Smart

Tips and tricks for buying budget-friendly and healthy options from each food group (fruits and veggies, protein, dairy, etc)

tinyurl.com/MyPlate-ShopSmart



Prepare Healthy Meals

Tips and tricks that will help you cut back on time and do less work in the kitchen while preparing meals.

tinyurl.com/MyPlate-Prepare

Nutritional Assistance Programs

SNAP/EBT (CalFresh): The CalFresh Program, federally known as the Supplemental Nutrition Assistance Program (SNAP), issues monthly electronic benefits that can be used to buy most foods at many markets and food stores. The CalFresh Program helps to improve the health and well-being of qualified households and individuals by providing them with a means to meet their nutritional needs.
tinyurl.com/CA-SNAPEBT



Women Infant and Children (WIC): WIC, or the Special Supplemental Nutrition Program for Women, Infants, and Children, provides vital support to low-income pregnant women, new mothers, and young children. Through WIC, participants receive nutritious foods, nutrition education, breastfeeding support, and access to healthcare referrals, ensuring healthier pregnancies, infancy, and early childhood development. WIC provides eligible participants with vouchers or an Electronic Benefit Transfer (EBT) card to purchase specific nutritious foods, such as fruits, vegetables, whole grains, milk, cheese, eggs, cereals, and infant formula.

tinyurl.com/CA-WIC-Flyer