

Web Resources

Nutrition Education For Wellness (NEW)

<http://www.ctahr.hawaii.edu/NEW/>

This is a statewide "umbrella concept" program that facilitates consumer foods and nutrition education.

Healthy Meetings For Wellness (HMW) <http://www.ctahr.hawaii.edu/NEW/HMW>

This project promotes healthy eating and physical activity in our meetings, workshops, gatherings and events where food is served. We can share and learn how to practice what we teach.

Nutrition Integrity <http://www.ctahr.hawaii.edu/NEW/alignment/>

This project promotes practicing what we teach and aligns our food actions with our nutrition education. Guiding principles, core concept, and action checklists are included.

Meeting Well <http://www.ctahr.hawaii.edu/NEW/acs.htm>

American Cancer Society's set of simple tools for planning healthy meetings and events and events.

Dietary Guidelines <http://www.healthierus.gov/dietaryguidelines/>

The guidelines provide advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases.

MyPyramid.Gov <http://www.mypyramid.gov/>

MyPyramid Plan can help you choose the foods and amounts that are right for you.

Nutrition.Gov <http://www.nutrition.gov/>

A comprehensive site about nutrition.

For more information about the Healthy Meetings for Wellness project , please contact nkanehir@hawaii.edu or call 956-4124.

New Team Members

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