

# Instruction Guide

Healthcare Professionals 

## Downloadable Resources & Tools for Healthcare Professionals

As a rural healthcare organization or professional serving children in your community, you understand the challenges parents and caregivers face to ensure their children eat healthy for brain development and to grow strong bones and bodies. The Smart Moo-ve toolkit is designed to provide rural health professionals, hospitals and clinics with easily downloadable and practical tools that offer parents information about essential nutrition guidelines, serving sizes, meal planning and more!

### MyPlate Slides



Share these entertaining and educational slides in patient waiting areas.

### MyPlate Poster



Display this informative nutrition poster in clinic exam rooms.

### MyPlate Rx Handout



Use this form as a tool for consulting with parents/caregivers about their child's nutritional needs.

## Educational Tools for Caregivers & Entertainment Tools for Children

Make healthy eating for strong bones, bodies and developing brains a favorite family conversation! Look for links and QR codes in the promotional tools for an easy way to share the books, handouts and collector cards with parents and caregivers, helping them encourage even the pickiest of eaters.

### MyPlate Handouts



From toddlers to teens, these handouts are perfect to share with parents and caregivers, providing them details about food groups, serving sizes and much more!

### Coloring Book



This coloring and activity book makes learning about healthy eating fun! Encourage children in your practice to share their artwork and appreciation for their healthcare heroes!

### Digital Storybook



Share the food group friend's scavenger hunt for vitamins and minerals and where healthy foods can be found in the community. Invite a local farm, grocery store, library or community garden to join you in celebrating National Rural Health Day.

### Digital Collector Cards



All seven of the food group friends have three collector cards, each of them packed with nutrient information and ways to stay active as a part of a healthy lifestyle. Create your own card challenge and invite children in your community to collect them all!



# How to Share the Smart Moo-ve Tools with Your Patients

## Spread the Word in Two Steps

National Rural Health Day is excellent timing to share information about how your healthcare organization is working to advance and improve childhood wellness. Not only can you provide parents and caregivers with trusted USDA MyPlate based nutrition guidelines, but you're also shining a light on how the healthcare professionals in your organization are making a difference in their community.

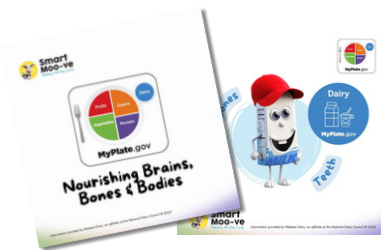
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### Publish a press release

Download, customize and share this press release with your local paper, in social or on your healthcare organization's website. Don't forget to include how you will celebrate National Rural Health Day.

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### Share on social

The Smart Moo-ve toolkit comes with a complete social media library. Champion healthy eating in social media efforts, provide information about meal planning and portion sizes, and share recipes that make even the pickiest little eaters happy about eating healthy.

### Link for social posts:

<https://www.midwestdairy.com/partners/smart-moo-ve/>