

## Downloadable Resources & Tools for Healthcare Professionals

The Smart Moo-ve toolkit is designed to provide rural health professionals, hospitals and clinics with easily downloadable and practical tools that provide parents with all they need to know about essential nutrition guidelines, engage and make learning about healthy eating fun.

### 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

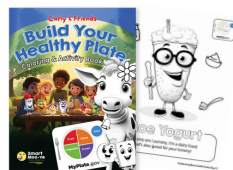
Provide rural hospitals, clinics and healthcare professionals with access to a variety of parent, caregiver and children's tools that promote healthy eating for strong bones, bodies and developing brains.

### MyPlate Handouts



From toddlers to teens, these handouts provide details about food groups, serving sizes and much more!

### Coloring Book



This coloring and activity book makes learning about healthy eating fun for young patients!

### Digital Storybook



Share the link to the food group friend's scavenger hunt for vitamins and minerals and where healthy foods can be found in the community.

### 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.

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

## Spread the Word in Four 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.

1



### Display Digital Ads on Your Website

Place the digital display ads on your website and link to the Smart Moo-ve landing page, where all the parent and children's tools can be downloaded.

Link digital display ads to:  
<https://bit.ly/3MdKbDS>

2



### Send an email to your network

Copy, paste and personalize the template email from your organization to members and rural health stakeholders.

3



### Publish a press release

Gain more traction from your National Rural Health Day outreach. Download the customizable press release and share with media outlets and members, on social and on your website news page.

4



### Share on social

Populate your social media calendar with a variety of engaging posts to encourage followers and friends to promote National Rural Health Day, celebrate rural health professionals, and champion healthy eating.

Use this link for social posts:  
<https://bit.ly/3MdKbDS>