

COVID 19 Resource Sheet for Families

Healthy Eating
CDC Healthy Eating Tips
ChopChop Family
Making Health and Nutrition a Priority During the Coronavirus (COVID-19) Pandemic
Easy, affordable and healthy eating tips during the coronavirus disease (COVID-19) outbreak
Choose My Plate
Healthier Traditions Cookbook

Going Outside Safely
San Mateo County - Guidelines
CDC - Guidelines
7 tips for going outside safely with your children during the COVID-19 pandemic
NRPA - Joint Statement on Using Parks and Open Space While Maintaining Physical Distancing

Indoor Exercise (English)
Children's Health -- Indoor and At-Home Exercises for Kids
GoNoodle
Cosmic Kids Yoga Adventures
30 moves to make out the most of your at-home workout

Indoor Exercise (Spanish)
Exercise Medicine -- Manteniéndose Activo
CDC -- Prevenir el T2
BaM! -- Juegos y Actividades

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