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## NEVADA STATE HEALTH DIVISION NEWS RELEASE

### FNS Launches New Eat Smart. Play Hard.™ Kids' Web Page and Healthy Lifestyle Web Page for Parents

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This month, the USDA, Food and Nutrition Service (FNS) launched two new web pages that will help kids, parents, and caregivers to Eat Smart and Play Hard™. The new resources will also assist the target audience in putting the new Dietary Guidelines and MyPyramid recommendations into action.

The Eat Smart. Play Hard.™ kids' web page connects kids to healthy eating and physical activity experiences within the community. It provides kids with interactive learning and skill-building experiences in a virtual community setting. The web page encourages and motivates kids to make better lifestyle choices using kid-friendly entertaining techniques. Power Panther, the campaign spokescharacter, leads kids in exploring the Town Library, Theater, Fitness Center, Power Tunes Store, Post Office, Eat Smart Grill, Fun Times Arcade, and Travel Center. Behind each door in this virtual community, kids learn healthy lifestyle skills through geography, music, reading, and science activities. This web page is filled with songs, experiments, activity sheets, comics, clipart, worksheets, games, posters, e-cards, recipes, and other materials that help to form and reinforce healthy behaviors.

The new Healthy Lifestyle web page provides parents and other caregivers with tools for healthy living including tasty, low cost menus and recipes that meet the new food guidelines. The web page has a handy Calorie Burner Chart, the MyPyramid Tracker, and the ESPH Tracking Card. FNS developed these resources to help parents make the MyPyramid guidance a part of their daily lives and set a good example for kids."

Discover the Eat Smart. Play Hard.™ kids' web page at:

[www.fns.usda.gov/eatsmartplayhardkids](http://www.fns.usda.gov/eatsmartplayhardkids)

Eat Smart. Play Hard.™ Healthy Lifestyle web page at:

[www.fns.usda.gov/eatsmartplayhardhealthylifestyle](http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle)

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