

Nutrition Resources on the Web

Attachment 4.1

<http://www.health.mo.gov/living/wellness/nutrition/foodprograms/csfp/relatedlinks.php#senior>

Missouri Department of Health and Senior Services web site offers basic information about senior nutrition, several publications and many links to nutrition information for seniors.

<http://www.commodityfoods.usda.gov>

The USDA Commodity Food Network (CFN) is the first ever one-stop Federal website that provides direct access to all of the services and resources available for USDA Commodity Food Distribution Programs including the Commodity Supplemental Food Program. The direct link to cookbooks is http://www.fns.usda.gov/fdd/recipes/hp_cookbooks.htm and to CSFP commodity food facts sheets and recipes is http://www.fns.usda.gov/fdd/programs/csfp/cfs_csfp.htm.

<http://www.nutrition.gov>

Your complete guide to nutrition and health information on Federal Government Websites.

<http://www.nihseniorhealth.gov>

A senior-friendly website from the National Institute on Aging and the National Library of Medicine. This simple-to-use website features popular health topics for older adults. It has large type and a “talking” function that reads text out loud.

<http://medlineplus.gov>

MedlinePlus brings together authoritative information from NLM, the National Institutes of Health (NIH), and other government agencies and health-related organizations. Search the site for Health Topics including Nutrition, Nutrition for Seniors and Child Nutrition.

<http://outreach.missouri.edu/hes/food.htm>

The college of Human Environmental Sciences Outreach and Extension of the University of Missouri-Columbia. Our mission is helping consumers of all ages improve their health and quality of life by selecting nutritious foods and adopting healthy habits.

<http://www.foodsafety.gov>

The gateway to government food safety information.

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

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MDHSS – April 2014

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<http://vm.cfsan.fda.gov/>

The home site for the U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition. Click on “Seniors” under “Special Interest Areas” for information for people over 65 years old on food, nutrition and cosmetics including the handbook, “Food Safety for Seniors.”

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