

**ALIMENTACIÓN SALUDABLE Y MANTENERSE FÍSICAMENTE ACTIVO MIENTRAS**

**SE REFUGIA EN EL LUGAR**

**Alimentación saludable**

CHOPCHOP Recetas Saludables para la Familia <https://www.chopchopfamily.org/recipes/>

USDA Alminetación saludable <https://www.choosemyplate.gov/eathealthy/budget/budget-recipes>

Abasteciendo una despensa y refridgerador saludable

<https://eatsfvoucher.org/wp-content/uploads/2020/04/spanish_covid-19-nutrition_-stocking-a-healthy-pantry-1.pdf>

CONSEJOS PARA ALMACENAR Y COMER FRUTAS Y VERDURAS <https://eatsfvoucher.org/wp-content/uploads/2020/04/spanish_covid-19-nutrition_-tips-for-stocking-and-eating-fruits-and-vegetables-1.pdf>

Recetas de bocadillos saludables

<https://www.healthychildren.org/spanish/healthy-living/nutrition/chop-chop-magazine/paginas/default.aspx>

**Mantenerse físicamente activo**

Cosmic Kids Yoga [cosmickids.com](https://www.cosmickids.com/)

Move Your Way <https://health.gov/espanol/moveyourway>

Golden Gate Audubon Society: Actividades en la naturaleza para niños durante COVID-19

<https://goldengateaudubon.org/nature-activities-for-kids-during-covid-19/>

GoNoodle

<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

United States Soccer Foundation en casa <https://ussoccerfoundation.org/athome/#qlsa>

Fitkids ejercisios en casa <https://fitkids.org/homeworkouts/>

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**HEALTHY EATING AND STAYING PHYSICALLY ACTIVE WHILE SHELTERING IN PLACE**

**Healthy eating**

CHOPCHOP Family Healthy Recipes <https://www.chopchopfamily.org/recipes/>

USDA healthy eating <https://www.choosemyplate.gov/eathealthy/budget/budget-recipes>

Stocking a Healthy Pantry and Fridge

<https://eatsfvoucher.org/wp-content/uploads/2020/04/covid-19-nutrition_-stocking-a-healthy-pantry_fano.pdf>

Stocking and Eating Fruits and Vegetables

<https://eatsfvoucher.org/wp-content/uploads/2020/04/covid-19-nutrition_-tips-for-stocking-and-eating-fruits-and-vegetables_fano.pdf>

Healthy Snack Recipes

<https://www.healthychildren.org/English/healthy-living/nutrition/chop-chop-magazine/Pages/default.aspx>

**Staying physically active**

Cosmic Kids Yoga [cosmickids.com](https://www.cosmickids.com/)

Move Your Way [health.gov/moveyourway](https://health.gov/moveyourway)

Golden Gate Audubon Society: Nature Activities for Kids During COVID-19\*

<https://goldengateaudubon.org/nature-activities-for-kids-during-covid-19/>

GoNoodle

<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

United States Soccer Foundation at home <https://ussoccerfoundation.org/athome/#qlsa>

Fitkids home workouts <https://fitkids.org/homeworkouts/>

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