Culturally Responsive Nutrition Education Materials for Infants and Toddlers

The first 1,000 days of life, the period from pregnancy through a child’s second birthday, represents a critical window for establishing healthy dietary patterns, fostering a responsive feeding environment, and helping to reduce the risk of chronic disease. During this period, human milk feeding and the introduction of culturally responsive and nutrient-dense age-appropriate complementary foods are key for optimal growth and development.

Through the Reducing Breastfeeding Disparities through Continuity of Care, NACCHO works to disseminate evidence-based nutrition recommendations for infants and toddlers, as outlined in Chapter 2 of the Dietary Guidelines for Americans. In alignment with these recommendations, NACCHO co-created culturally diverse nutrition education materials for infants and toddlers in African, Black, and Caribbean (ABC), Spanish-speaking/Latine, and Chinese and Vietnamese families. These materials include educational handouts, social media toolkits, and resource directories.

**African, Black, & Caribbean (ABC) Communities**
- **Educational handout** - View for dietary guidelines, nutrition tips, recipes, and resources.
- **Social media toolkit** - View for a variety of media graphics highlighting ABC heritage foods & nutritional recommendations.
- **Soulful Recipes** - View for healthy twists on family favorites to make eating healthy and being active a part of family habits.
- **Community Resource Directory**

**Chinese & Vietnamese Communities**
- **Education handout** - View for dietary guidelines, nutrition tips, and resources, available in English, Chinese, and Vietnamese.
- **Social media toolkit** - View for a variety of media graphics highlighting Chinese & Vietnamese heritage foods and nutritional recommendations, available in English, Chinese, and Vietnamese.
- **Community Resource Directory** available in English, Chinese, and Vietnamese.

**Latine/Spanish-Speaking Communities**
- **Education handout** - View for dietary guidelines, nutrition tips, and resources, available in English and Spanish.
- **Social media toolkit** - View for a variety of media graphics highlighting Latine heritage foods and nutritional recommendations, available in English and Spanish.
- **Community Resource Directory** available in Spanish.

NACCHO is a proud MyPlate National Strategic Partner