

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.



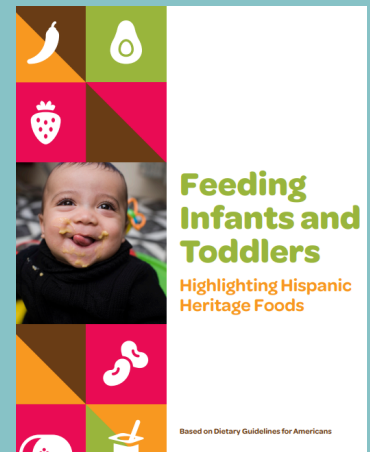
African, Black, & Caribbean (ABC) Communities

- [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.