

# Infant Nutrition & Feeding Guide

## Chapter 7 & 8 Resources

### **Download the IFG:**

<https://wicworks.fns.usda.gov/resources/infant-nutrition-and-feeding-guide>

**AAP Healthy Active Living for Families:** <https://www.aap.org/en/patient-care/healthy-active-living-for-families/>

**Physical Activity in Infancy Quiz:** <https://wicworks.fns.usda.gov/resources/physical-activity-infancy-quiz>

**Metals in Baby Food:** <https://wicworks.fns.usda.gov/resources/metals-baby-food>

### **Food Safety - Education Materials & Information Resources:**

<https://wicworks.fns.usda.gov/resources/food-safety-education-materials-and-information-resources>

**WIC Works Homepage:** <https://wicworks.fns.usda.gov/>

### **Related DHS Materials:**

- Grow a Healthy Family
- Well Fed Means Less Lead
- Look at Me Now: Infants 9-12 Months Old