



UNITED STATES DEPARTMENT OF AGRICULTURE

FOOD AND NUTRITION SECURITY

ENGAGEMENT OPPORTUNITIES & RELEVANT LINKS

This document aims to highlight ways to engage with the USDA on advancing food and nutrition security, implementing the National Strategy on Hunger, Nutrition, and Health, and making MyPlate a household name. Relevant background links are provided.

Engagement Opportunities

- Subscribe to [USDA FNS Newsroom](#)
- Reach out to our External Government Affairs Team at FNS.External.Affairs@usda.gov with any questions or thoughts on ways to engage with the USDA
- Help us build awareness that food insecurity and diet-related diseases are rising but preventable
- Ensure all who are eligible participate in the federal nutrition assistance programs, further details below
- Partner with us by becoming a [MyPlate National Strategic Partner](#), a [MyPlate Ambassador](#), or a [MyPlate Federal Partner](#)
- Promote MyPlate tools, including the [Shop Simple with MyPlate App](#), the [MyPlate Plan](#), the [Start Simple with MyPlate App](#), the [MyPlate Quiz](#), and [MyPlate Kitchen](#)
- Sign up for [MyPlate updates](#), [check out MyPlate on X](#), and follow [myplate.gov](#) on Instagram for healthy recipes and cooking tips
- Share our suggested MyPlate messages below
- Submit a [public comment](#) on the 2025 Dietary Guidelines for Americans (DGAs) Advisory Committee and consider attending virtual Committee meetings
- Consider the [USDA SNAP Retailer Incentive Waiver](#)
- Continue the conversation on advancing food and nutrition security on LinkedIn, X - @USDANutrition, and/or Facebook



Scan to view the USDA Food and Nutrition Security page.

About the USDA

- [USDA: The People's Department](#)
- [About USDA](#)
- [Priorities](#)
 - [Equity at USDA](#)
 - [Climate Solutions](#)

- [Food and Nutrition Security](#)
- [More, New, and Better Market Opportunities](#)
- [Mission Areas](#)

About USDA Food and Nutrition Service (FNS) Programs

- [About FNS](#)
- [FNS Nutrition Programs](#)
- [FNS 101 Fact Sheets](#)
- [Applying for Assistance](#)
- [Videos and Webinars](#)

Tackling Food and Nutrition Insecurity

- [USDA's Food and Nutrition Security Website](#)
- [USDA's Press Release on Nutrition Security](#)
- [Secretary's Historic Remarks on Nutrition Security](#)
- [Report on USDA's Actions on Nutrition Security](#)
- [USDA's Food and Nutrition Security Infographic](#)
- USDA's four-pillars approach to tackling food and nutrition insecurity



[Meaningful Support](#)



[Collaborative Action](#)



[Healthy Food](#)



[Equitable Systems](#)

- [USDA's Food and Nutrition Security Research Efforts](#)
- Selected Blogs
 - [Dr. Cotwright's Blog on Celebrating Black History Month by Advancing Nutrition Security and Health Equity](#)
 - [Dr. Cotwright's Blog on Food and Nutrition Security Progress to Date](#)

Ending Summer Hunger and Setting Children Up to Thrive All Year Long

- [Summer Nutrition Landing Page](#)
- [Summer EBT Landing Page](#)
- [Summer EBT Outreach Toolkit](#)
- [2024 Summer EBT Implementing States, Territories, and Tribes](#)
- [Summer Nutrition Programs Factsheet](#)

Strengthening School Meals

- [Healthy Meals Incentives for Schools](#)
- [Proposed Updates to the School Nutrition Standards](#)
- [Community Eligibility Provision](#)
- [Farm to School](#)
- [Variations in Meal Requirements for Religious Reasons; Jewish Schools, Institutions, and Sponsors](#) (and [Supporting Kosher and Halal-Observant Communities through TEFAP](#))

Setting Up All Families to Thrive via WIC

- [WIC Landing Page](#)
- [WIC Food Packages Rulemaking](#)
- [WIC 50th Anniversary](#)
- [WIC Online Shopping](#)
- [WIC Modernization](#)
- [Resources for WIC Professionals](#)

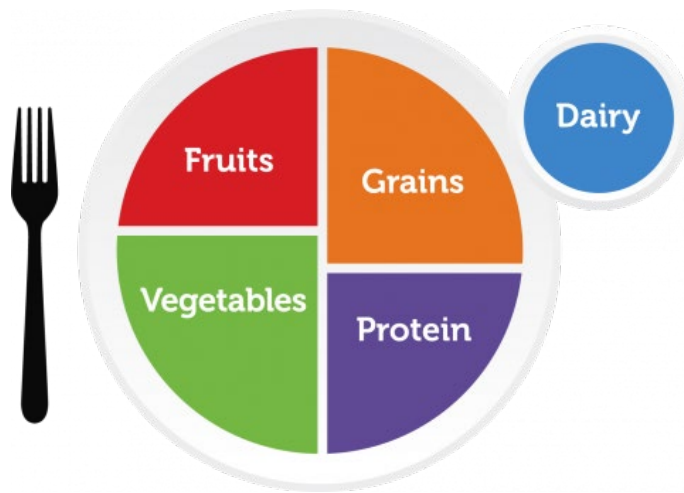
Leveraging the Historic White House Conference on Hunger, Nutrition, and Health

- [White House Conference on Hunger, Nutrition, and Health](#)
- [Leveraging the White House Conference to Promote and Elevate Nutrition Security: The Role of the USDA Food and Nutrition Service](#)
- [Fact Sheet: One Year of FNS Advancing Goals of the White House Conference on Hunger, Nutrition, and Health](#)
- [USDA Celebrates First Anniversary of the Historic White House Conference on Hunger, Nutrition, and Health](#)

Strengthening Intersections between Nutrition and Health

- [Come to the Table: USDA National Nutrition Security and Healthcare Summit](#)
- ProMedica and The Root Cause Coalition Regional Summits
 - [Come to the Table Southeast Regional Nutrition Security and Healthcare Summit: Continuing the Conversation on Hunger as a Health Issue](#)
 - [Come to the Table Southeast Region Summit: Ending Hunger in America by 2030](#)
 - [Come to the Table: Midwest Nutrition Security and Healthcare Summit: Integrating Nutrition into Healthcare in the Midwest](#)
 - [Come to the Table: Northeast Nutrition Security and Healthcare Summit Video](#)
 - [USDA Food and Nutrition Service Northeast Region Visits: Pillar 2 of the White House National Strategy on Integrating Nutrition and Health](#)
- [Secretary Vilsack's remarks on USDA's focus on nourishment and Food as Medicine](#)

Making MyPlate a Household Name



Remember the food pyramid? Meet MyPlate, the official symbol of the five food groups. MyPlate is a visual reminder to make healthy choices from each of the five groups. [MyPlate.gov](https://www.MyPlate.gov) offers tips and resources that support healthy dietary patterns. MyPlate.gov is based on the [Dietary Guidelines for Americans, 2020-2025](https://www.DietaryGuidelines.gov). Secretary Vilsack aims to make MyPlate a household name and the USDA Food and Nutrition

Security Team is helping with a promotional tour and listening sessions this fiscal year.

- Start Simple with MyPlate Mini-poster in [English](#) or [Spanish](#)
- [MyPlate Messages About the Food Groups](#)
- [Food Group Gallery](#)
- [The MyPlate Plan](#)
- [MyPlate on Alexa](#)
- [The MyPlate App](#)
- [Shop Simple with MyPlate](#)
- [MyPlate Kitchen](#)
- [Healthy Eating Across Different Life Stages](#)
- [MyPlate National Strategic Partners](#)
- [MyPlate Partner Resources](#)

Suggested MyPlate Messages

MyPlate Helps Make Every Bite Count

[MyPlate.gov](https://www.MyPlate.gov) is the Federal symbol for healthy eating, and it offers a collection of easy-to-use tools and resources that promote healthy eating habits for people of all ages, budgets, and cultural backgrounds. The [MyPlate Quiz](#) (available in English and Spanish) provides resources that fit your needs, and the [MyPlate Plan](#) (also available in English and Spanish) can be personalized for your age, sex, height, weight, and activity level. There are also tools for on-the-go lifestyles: [Shop Simple with MyPlate](#) offers money-saving tips for grocery shopping and new ideas for preparing those foods, while the [Start Simple mobile app](#) lets you set food group goals and track your progress.

Food: The Ingredient that Binds Us Together

Did you know that [MyPlate is now on Instagram](#)? Along with [Facebook](#) and [X](#) (formerly known as Twitter), you can also follow @MyPlate_gov on Instagram and find healthy eating made simple. You'll discover recipes, budget-friendly shopping tips and resources, and more! With themes like #MyPlateMondays, #RecipeThursdays, and #BudgetFriendlyFridays, there's always something new to discover on all our handles! You can also [sign up for MyPlate emails](#) to stay in the know about what's new. Want more MyPlate action? Check out the

[#StartSimplewithMyPlate app](#) to pick easy daily food goals, see real-time progress, and earn badges along the way!

MyPlate-Inspired Recipes for Every Meal and Budget

Have you visited the fully stocked [MyPlate Kitchen?](#) Check out healthy recipes sortable by nutrition goals, cost, or even cooking equipment! With more than 1,000 healthy, budget-friendly recipes available

in English and Spanish, you'll find everything from main dishes to salad dressings to beverages and desserts – and you can save your favorite MyPlate recipes online. Check out our [cooking videos](#) and [recipe resources](#) featuring a [seasonal produce guide](#), [directory of local farmers' markets](#), [food safety tips](#), and more. Bon appetit!

Through of All Life's Stages, MyPlate Has You Covered

Every stage of life brings different nutritional needs. Practicing healthy habits at each stage and age is important and can help keep you healthy and lower your chance of getting certain diseases. It is never too early or too late to start eating healthy, and MyPlate can help! Visit the [Life Stages](#) section on MyPlate.gov and learn about the unique nutritional needs for every member of the family. You'll find the MyPlate Quiz, tips for picky eaters, games for kids, suggestions to help teens make healthy choices on the go, helpful information for pregnancy and lactation, and tips to fit nutritional needs as we age. The benefits of healthy eating add up over time – so start today!