

Reference List for The First 1,000 Days Start with Mom: Nutrition for Pregnancy and Postpartum

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Resources

Food is Medicine: <https://foodismedicineky.com/>

The Food is Medicine initiative is bringing stakeholders across Kentucky together to focus on advancing better nutrition, a stronger local food infrastructure, and ultimately better health outcomes. Learn about ongoing initiatives to support pregnant and postpartum people's access to nutritious foods.

Kentucky Cooperative Extension Service: <https://extension.mgcafe.uky.edu/county-offices>

The Kentucky Cooperative Extension Service (i.e., Extension) is committed to building the health and well-being of Kentuckians – physically, mentally and economically – to improve quality of life and ensure bright futures for all. Extension has a brick and mortar presence in each of the 120 counties of Kentucky and is a local resource for nutrition, health, and other consumer-oriented programming.

Kynect: https://kynect.ky.gov/resources/s/?language=en_US

Kynect is designed to support the Commonwealth of Kentucky. Enter your location and find community resources for food, housing, employment, mental, behavioral, and physical health, and more.

Pregnancy for Every Body: <https://www.nichd.nih.gov/ncmh/ep/initiatives/pregnancy-for-every-body/healthcare-provider/communicating/begin-conversation>

This National Institutes of Health website provides tips to begin the conversation about weight and pregnancy.

Suggested Readings

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