The **Nudging to Health: Promoting Healthy Choices at Your Food Shelf** course and the **Food Shelf Resource Book** are dedicated to all food shelves for their fight against hunger that makes a difference in people’s lives.

*Unity is strength...when there is team work and collaboration, wonderful things can be achieved.*
Mattie Stepanek, American poet

**Credits**

*Food Shelf Resource Book* was developed by Health and Nutrition staff from University of Minnesota Extension, SNAP-Ed Educators Dianne Davis-Kenning and Erin Ostrowski; other contributors were SNAP-Ed Educators JoDee Christianson and Andrew Doherty, led by Kelly Kunkel, Extension Educator.

*Nudging to Health: Promoting Healthy Choices at Your Food Shelf* course was developed by Health and Nutrition staff from University of Minnesota Extension, Kelly Kunkel, Extension Educator; SNAP-Ed Educators Mary Krentz, Rachel Jones, Annette Shepardson and JoDee Christianson; other contributors were SNAP-Ed Educators Andrew Doherty, Dianne Davis-Kenning and Erin Ostrowski.

The book and course were reviewed and edited by the following University of Minnesota Extension staff: Mary Vitecenda, Senior Editor, and Mary Caskey, SNAP-Ed Associate Program Director.

Recipes were edited by the following University of Minnesota Extension staff: Teri Burgess-Champoux, Program Director, Health and Nutrition; Urvashi Mulasi, Curriculum Development Specialist; and Heather Lee, Educational Resource Development and Support Manager.

*Rescue the Produce at the Food Shelf* by Serdar Mamedov, Extension Educator, Health and Nutrition, University of Minnesota Extension Educator, Health and Nutrition.

*Guide to Storing, Freezing and Preparing Produce* was reviewed by Suzanne Driessen, University of Minnesota Extension Educator, Food Safety.

Support staff on the project was provided by Shari Schmidt, Executive Office and Administrative Specialist, University of Minnesota Extension.