



Dairy Council  
of California®

Let's Eat  
Healthy





# It's All Connected: Using Nutrition Education to Address Nutrition Security



# Session Objectives

1. Discuss the significance of nutrition equity in addressing disparities that impact student health outcomes.
2. Learn best practices and resources to elevate nutrition education to address nutrition security and promote food access.

# Why does this topic matter?

*In the United States, many children and families are unable to consistently access the nutritious foods and nutrition education they need to grow healthfully and thrive. According to Feeding America, **12.5% of Americans, including 1 in 6 children, may experience food insecurity in 2021.***





# Defining Nutrition Security

## THREE INCREASING LEVELS OF DIET QUALITY



# Healthy Eating + The Achievement Gap

Dietary Behavior/Issue	Related Academic Achievement Outcomes
<b>Participation in the School Breakfast Program (SBP)</b>	<ul style="list-style-type: none"><li>• Increased academic grades and standardized test scores</li><li>• Reduced absenteeism</li><li>• Improved cognitive performance</li></ul>
<b>Skipping breakfast</b>	<ul style="list-style-type: none"><li>• Decreased cognitive performance</li></ul>
<b>Lack of adequate consumption of specific foods (fruits, veg, dairy)</b>	<ul style="list-style-type: none"><li>• Lower grades</li></ul>
<b>Deficits in specific nutrients</b>	<ul style="list-style-type: none"><li>• Lower grades</li><li>• Higher rates of absenteeism and tardiness</li></ul>
<b>Insufficient food intake</b>	<ul style="list-style-type: none"><li>• Lower grades</li><li>• Higher rates of absenteeism</li><li>• Repeating a grade</li><li>• Inability to focus</li></ul>

# Achieving Nutrition Security + Universal School Meals

ALL children, regardless of household income, can now get **FREE MEALS** through **June 2022**.

For more information, visit [www.cdc.gov/healthyschools](https://www.cdc.gov/healthyschools)



**Food insecurity has increased** during the COVID-19 pandemic.

Schools are using several ways to **safely distribute** meals to students.



School meals are **nutritious** and can help reduce food insecurity.

Students who participate in school meal programs have **better overall diet quality** than students who do not.<sup>2</sup>

MILK

1. Gearan EC, Fox MK. Updated nutrition standards have significantly improved the nutritional quality of school lunches and breakfasts. *J Acad Nutr Diet*. 2020;120(3):363-370.
2. U.S. Department of Agriculture, Food and Nutrition Service, Office of Policy Support, School Nutrition and Meal Cost Study, Final Report Volume 4: Student Participation, Satisfaction, Plate Waste, and Dietary Intakes. <https://ins-prod.azureedge.net/sites/default/files/resource-files/SNMCS-Volume4.pdf>





## Opportunities for Nutrition Education in US Schools

Schools play an **IMPORTANT ROLE** in helping students establish healthy eating behaviors, by providing:

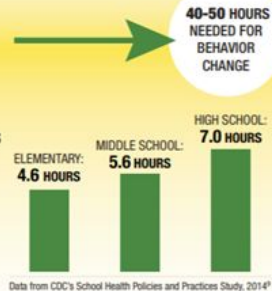
- nutritious and appealing foods and beverages
- consistent and accurate messages about good nutrition
- ways to learn about and practice healthy eating.<sup>1</sup>

**NUTRITION EDUCATION** is a vital part of a comprehensive health education program and **EMPOWERS CHILDREN** with knowledge and skills **TO MAKE HEALTHY EATING CHOICES.**<sup>2-8</sup>

US students receive less than 8 hours of required nutrition education each school year,<sup>9</sup> far below the 40–50 hours

that are needed to affect behavior change.<sup>10,11</sup>

Additionally, the percentage of schools providing required instruction on nutrition and dietary behaviors decreased from 84.6% to 74.1% between 2000 and 2014.<sup>9</sup>

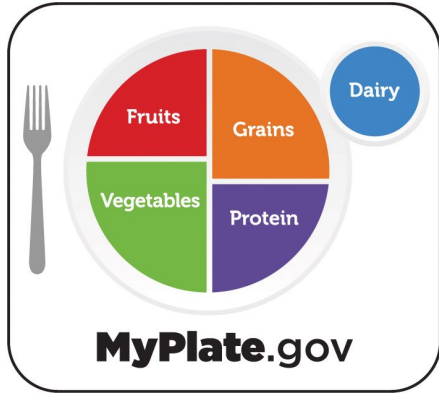




# P.E. Teacher Leverages Nutrition Education to Identify Food Insecure Students



# Questionnaire Sample:



*I would ask the students to pick the answer below that best describes their situation.*

**Of the five food groups shown on this screen:**

- a) I have foods from all five of these food groups at home.
- b) I have foods from 2-3 of these food groups at home.
- c) I don't have foods from all the food groups at home but could get them if I asked for them.
- d) I don't have foods from all the food groups at home, and I don't see a way to have access to them.

# Breakout Session

1. Break out into small groups
2. Anchor question: Share an example of how you see food insecurity in your community or what are you currently doing or know about that is available to address food insecurity?
3. Discuss the following:
  - a. What role, if any, do you see educators have in helping to support nutrition security?
  - b. What are the challenges you've observed that prevented children from consuming healthy food?
  - c. How can nutrition education help alleviate food insecurity?
  - d. How would you integrate a questionnaire (Scott Brown's tool) or tool on nutrition security in your role/school?

# Breakout Activity Recap



# Nutrition Education Resources



Let's Eat Healthy Nutrition Lessons



Teacher Guide

3rd Grade

Shaping Up My Choices



FOOD-GROUP FUN  
What's on MyPlate?

1. Look at the **MyPlate** icon on the cover of your workbook.
2. Compare the MyPlate icon on the cover of your workbook to the **My Food Groups** chart on Page 7. Notice that the names of the 5 food groups on the **My Food Groups** chart are the same as the names of each section of your MyPlate. Just like the **My Food Groups** chart, MyPlate foods are grouped by name and color to help you choose healthy foods. Foods in each section have the same key nutrients to keep your body healthy.
3. Color your MyPlate sections one at a time with the correct food-group color from the **My Food Groups** chart on Page 7.
4. On the tray, draw your favorite lunch food or beverage from each food group. Put one food or beverage from the food groups in each section on the tray.

#### What I Learned

1. What will you think about the next time you choose a food or beverage? Use the MyPlate icon or the **My Food Groups** chart to explain your answer.

2. Look at the tray and your food choices on the front cover. List 3 foods and write the food group in which they belong.

3. List 2 "extra" snack foods that you will plan to exchange for healthier choices. Complete the sentence for both "extra" snack foods: I will exchange \_\_\_\_ for \_\_\_\_.

LESSON 4

Family Connection

#### Healthy Snacks for Home and School



Snacks are mini meals that refuel between meals. Planning for snacks will help your child to get enough energy (calories) and nutrition each day.

Making a daily habit to eat wholesome and nutritious foods will support health, growth, and development. The food groups, **Dairy**, **Vegetables**, **Fruits**, **Grains**, and **Protein** are a reminder of which snacks are healthy choices. **Tip:** Aim to combine at least 2 food groups for snacks to boost energy and nutrition.

#### What are some healthy snack choices?

##### Healthy Snack Ideas

- String cheese and fruit
- Milk or yogurt smoothies with juice and sliced bananas or strawberries
- Cottage cheese or yogurt with fruit (fresh or canned)
- Fat-free or 1% milk with graham crackers



##### Healthy Snack Ideas

- Raw vegetables with low-fat yogurt dip, cottage cheese, or hummus
- Apples and cheese - pears and other fresh fruits work, too!
- Snack-size applesauce
- 100% fruit juice box



##### Healthy Snack Ideas

- Whole-grain crackers with cheese or peanut butter
- Whole-grain cereal with milk
- Flavored rice cakes (like caramel or apple cinnamon) with peanut butter
- Baked potato chips or tortilla chips with salsa
- Popcorn - air popped or low-fat microwave with nuts
- Pretzel sticks and a glass of milk



Milk, cheese, and yogurt are an easy way to boost

## Breakfast

Can Breakfast Boost Brainpower?

Let's Eat Healthy  
Builder Series

Use this [link](#) to embed into Google Classroom.



Visit [HealthyEating.org](https://HealthyEating.org) to access resources

HealthyEating.org

Let's Eat Healthy



# Nutrition Education Resources

## Boost Your Brainpower With Breakfast!

Good nutrition begins with breakfast. Starting the day with breakfast at home or school fuels your brain for learning!



### What is a "balanced breakfast"?

A balanced breakfast will help you feel full until lunch. Eating foods from three or more food groups is a simple way to get the nutrients you need.

Eating breakfast helps you think. A balanced breakfast includes:

1. Grains

2. Vegetables

3. Dairy OR

Take the time to get the nutrients you need.

### Which is your favorite easy breakfast idea?

- Oatmeal with milk and sliced apples

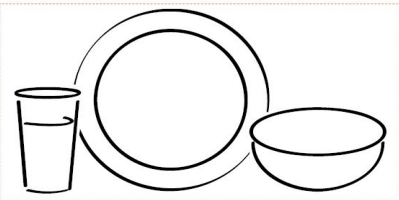
## MyPlate



MyPlate helps you build a healthy eating pattern. To get the nutrients you need, choose foods from all the food groups: Dairy, Vegetables, Fruits, Grains and Protein.

### Decide what to put on your plate!

Can you create a balanced meal using the foods shown? (Hint: a balanced meal includes at least one food from each of the food groups.) Don't see food you usually eat? Draw your own! Share your meal with a family member who does the shopping.



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## Family Wellness Prescription

INSERT PATIENT LABEL HERE

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### OUR FAMILY GOALS:

- ☐ Build better meals by:
  - ☐ Making half our plates from fruits and vegetables
  - ☐ Serving milk instead of sugary drinks
  - ☐ Choosing whole grains most of the time
- ☐ Serve healthy snacks by common sense (circle):
  - Dairy
  - Vegetables
  - Fruits

### NOTES/PROGRAM REFERRALS



## My Wellness Prescription for Teens

INSERT PATIENT LABEL HERE

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### MY GOALS:

- ☐ Increase vegetable servings to \_\_\_\_\_ each day.
- ☐ Consume \_\_\_\_\_ daily servings of fat-free/low-fat dairy.
- ☐ Drink \_\_\_\_\_ glasses or bottles of water each day.
- ☐ Increase activity: \_\_\_\_\_ mins. \_\_\_\_\_ days each week.
- ☐ Try the school breakfast and/or lunch program.
- ☐ Increase fruit servings to \_\_\_\_\_ each day.
- ☐ Swap out \_\_\_\_\_ servings of grains for whole grains.
- ☐ Reduce sugar-sweetened drinks to \_\_\_\_\_ each week.
- ☐ Decrease screen time to \_\_\_\_\_ mins. each day.

For more go to [HealthyEating.org/HealthyTeens](https://www.healthyeating.org/HealthyTeens) to complete the online nutrition modules.

### NOTES/PROGRAM REFERRALS

Don't forget your next wellness visit: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Student Signature: \_\_\_\_\_

Prescriber Signature: \_\_\_\_\_



A partnership of Dairy Council of California and The U.S. Trust for Children's Health, Adapted from Community Health Councils' "My Wellness Prescription."

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Nutrition Tips  
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## Healthy Eating For Your Family

How to Feed Your Child at Every Age



Nutrition Tips  
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## Healthy Tips For Teens



## Activity + Eating for Teens

<https://www.healthyeating.org/products-and-activities/community-education>

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# Let's Eat Healthy®



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# Questions

