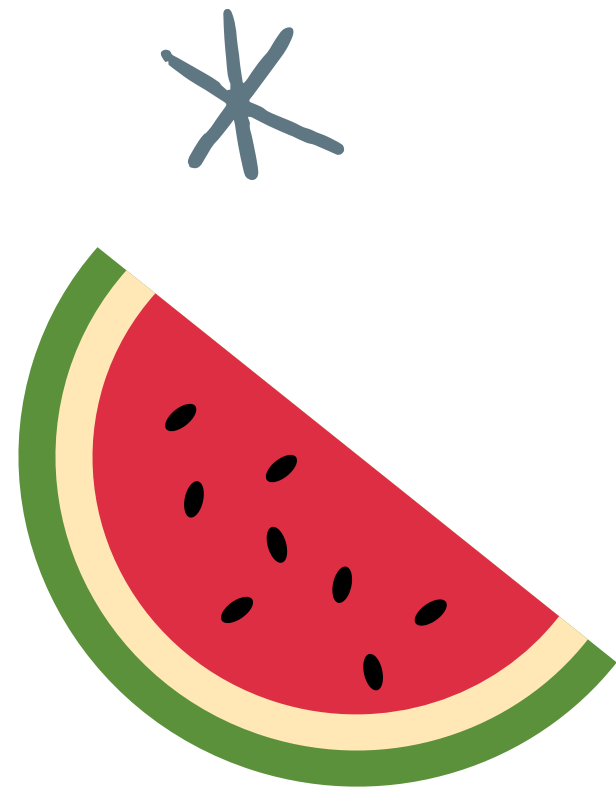


San Miguel Joint Union School District

Nutrition Spirit Week

Lauren Thomas, RDN, SNS



Nutrition Spirit Week

- Annual Week of Wellness
- Hands-on classroom activities & Nutrition Education
- Family Cooking Night
- Food Access and Gardening Education
- Curriculum -based activities using Let's Eat Healthy
- Environmental changes to promote healthy choices through art



NUTRITION SPIRIT WEEK GOALS



● Food Access

Students plant vegetables and herbs to learn about food sources and promote gardening.



● Policy, Systems and Environment changes

Students and staff collaborate to create a mural representing five food groups, promoting teamwork and a sense of community.



● Family Cooking Night

Families will be invited to cook and learn about nutrition, receiving a tote bag with a cookbook, measuring cups, and Let's Eat Healthy handouts for home cooking.



● Nutrition Education

In class, students watch "Let's Eat Healthy Together" videos, participate in a nutrition lesson, and enjoy taste testing to emphasize nutritious choices.



● Healthy Beverage Lessons

Students learn about healthier drinks, emphasizing dairy benefits, and can make smoothies or low-fat milkshakes to encourage dairy consumption.



● Field day

All students will participate in a day dedicated to physical activity and games to promote exercise.

BUDGET

Food

\$1000

Family Cooking
Night
Healthy Beverage
Education
Taste Tests/Let's Eat
Healthy Video Series

Stipends

\$500

\$250 stipend to
support mural art
work with students
and staff

Materials Equipment

\$2000

Supplies for artwork,
planting activity,
cooking class, etc.
Blenders

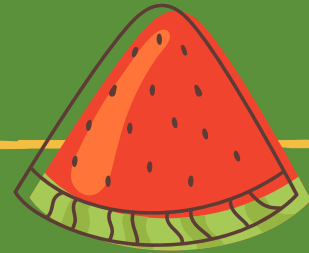
Promotions

\$1500

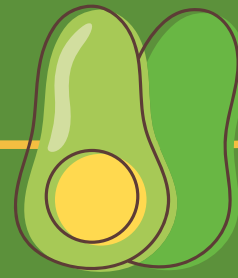
Wellness promotion
for staff/ students
including:
Stickers, Reusable
Aprons, Banners,
Animated Fruit and
Vegetables etc.



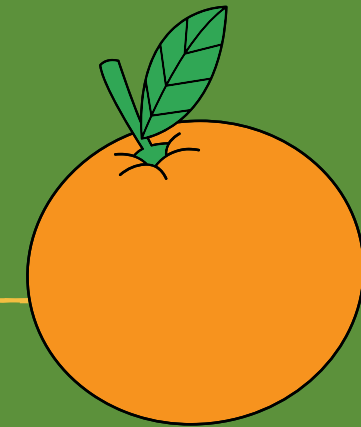
Sustainability- Monetary



LCAP Funding
Conditions and
Climate



Community
Partnerships: SLO
County Public Health
Department, One Cool
Earth



Donations
PTO
Grant
Opportunities



Sustainability

- SMJUSD



- Wellness Committee
- Nutrition Education
- Garden Education
- Parent Engagement
- Childrens Farmers Market
- Food and Nutrition Services
- Farm 2 School Programming

