



Dairy Council  
of California®

Let's Eat  
Healthy





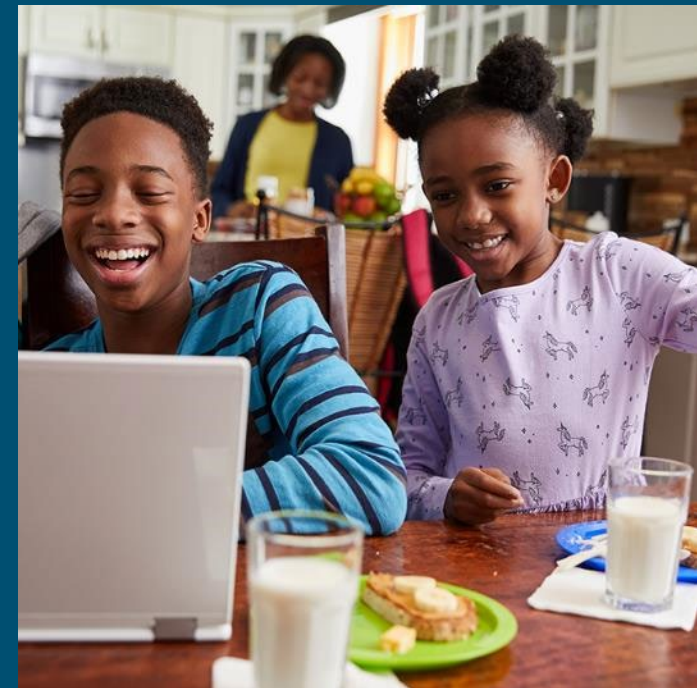
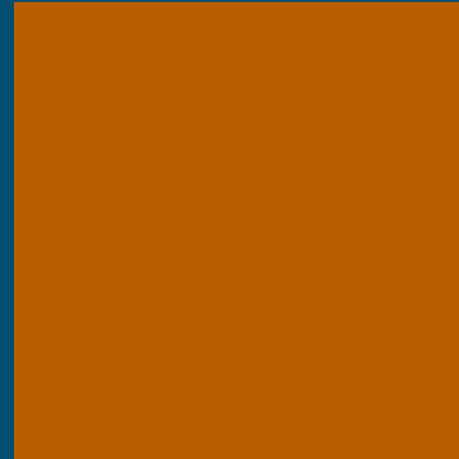
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Let's Celebrate the Work:  
Let's Eat Healthy  
Community Grant  
Awards

Rajwinder Kaur, MPH  
Community Nutrition Adviser



# Objectives

- Announce the 2023-24 Santa Barbara County School Wellness / Let's Eat Healthy Community Grantees
- Inspire you to implement the Let's Eat Healthy Framework to enhance the health outcomes of California communities

# About Us

## VISION

Together, we advance milk and dairy's unique and essential contributions to healthy, sustainable eating patterns.

## CAUSE

Elevating the health of children and communities in California by promoting lifelong healthy eating patterns.

# Let's Eat Healthy Initiative

Let's Eat Healthy **unites** and **activates** champions through shared values toward a common goal of building healthier children, families and communities through **coordination**, **collaboration** and **co-creation**.

Scan to learn more & engage through Let's Eat Healthy



# Let's Eat Healthy Initiative Values



1

All children and families deserve equitable access to healthy, culturally diverse, affordable and enjoyable foods as their human right.

2

Food systems ensure the health and well-being of children, families and communities, while protecting the health of the planet.

3

Nutrition education, environmental supports and related policies and guidelines are based on the latest evidence-based research and practices.

4

Healthy eating is centered on individual and community diversity and lived experiences to foster nutrition security.

5

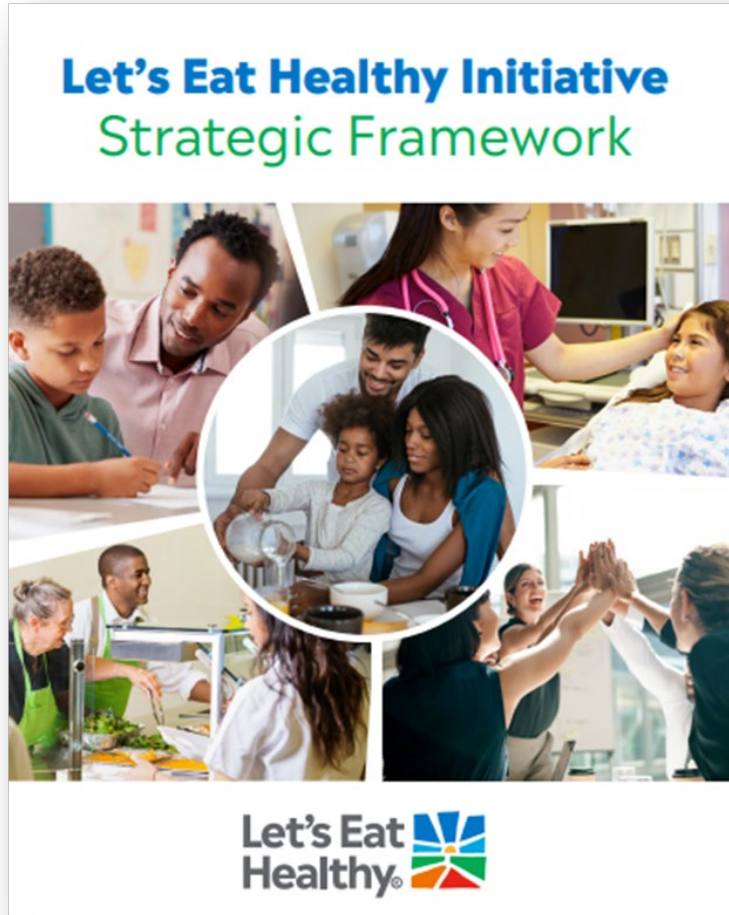
High-quality diets that include nutrient-dense underconsumed foods such as dairy, vegetables, fruit and whole grains are an essential part of ensuring children are supported to grow healthfully.

# Let's Eat Healthy Strategic Framework

Strategic Framework outlines the initiative goals, strategic objectives and action steps that unify the collective efforts of change-makers across disciplines.

Framework includes:

- Vision
- Cause
- Benefits to partners
- Shared commitment



# Let's Eat Healthy Strategic Framework Overview



## Nutrition Security

Support sustainable, equitable, safe & affordable nutritious foods

## Nutrition Education

Ensure consistent, science-based nutrition messaging & education

## Collaboration

Grow a network of collaborators & amplify champion contributions and successes



# Let's Eat Healthy Activation Spectrum

## Learn

**Access current nutrition science to effectively engage and communicate with target audiences**

## Teach

**Educate target audiences to empower lifelong health eating patterns**

## Advocate

**Position expertise, training and resources to inform policy, systems and environment, impacting nutrition**

## Collaborate

**Activate and access a network of collaborators to identify, create, implement and evaluate sustainable solutions**

# Champion Partners

## 2022-2023 Let's Eat Healthy Community Grant Program Recipients

### **City of Rancho Cucamonga: Empowering Healthy Choices: Cooking with Rancho Cucamonga Teens**

Joanna Marrufo, Community Program Coordinator, City of Rancho Cucamonga

### **Cooking with Families: A Creative Twist on Familiar Foods**

Yadira Sanchez, Community Schools Director of North Valley Military Institute & Chef Gaby Schuster

### **Centennial Farm: Enhancing Milk and Dairy Education to the Community**

Evy Young, Director of Agriculture Programs, Centennial Farm



# Grant Recipients

2023-24

## Santa Barbara County School Wellness / Let's Eat Healthy Community Grant Recipients



# Grant Recipients

## 2023-24 Santa Barbara County School Wellness / Let's Eat Healthy Community Grant Recipients

**Orcutt Union School District**  
Santa Barbara County



**San Miguel Joint Union School District**  
San Luis Obispo County



**Vista Del Mar Union School District**  
Santa Barbara County



Let's Eat Healthy Grantee



High School Cafeteria  
Remodel  
Orcutt Union School District

Presented by  
Chef Bethany D. Markee  
Director of Child Nutrition



**Let's Eat Healthy Grantee**



**San Miguel**  
JOINT UNION SCHOOL DISTRICT

**Nutrition Spirit Week**  
**San Miguel Joint Union**  
**School District**

Presented by  
Lauren Thomas, RDN, SNS  
Food Services Director



# Let's Eat Healthy Grantee



## Vista Nutrition Ambassadors Vista Del Mar Union School District

Presented by  
Bree Valla  
Superintendent



# Let's Eat Healthy Community Grants - Apply Today!

Applications are now being accepted!

Application Period:  
September 25 to October 23, 2023

- Total of \$30,000 available.
- Funding will range up to \$8,000 per proposed project

Grant Q&A Webinar: Thursday, October 5  
from 2:00-2:30 p.m.





# Let's Eat Healthy Join and Engage



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through Let's Eat Healthy





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# Thank you!

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