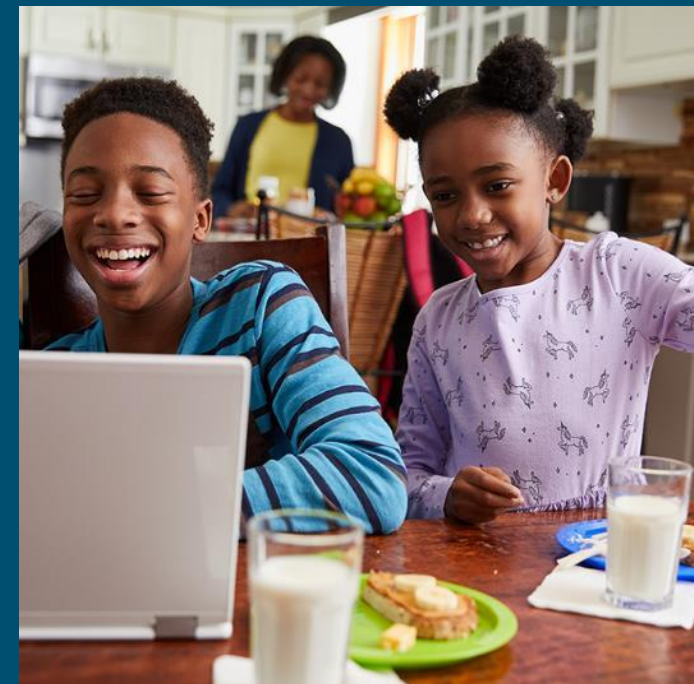




Nutrition Education: How Let's Eat Healthy Nutrition and Agricultural Literacy Programs Can meet your Local School Wellness Policy Goals

Rajwinder Kaur, MPH & Bessie O'Connor, RDN



Objectives

- Understand how nutrition education is an important component of the WSCC model
- Learn how to integrate nutrition education pathways and resources in classrooms, cafeterias, and 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 Activation Spectrum

Learn

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

Educate

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

Let's Eat Healthy Goals:

1. Advance nutrition security
2. Advocate for science-based nutrition education
3. Engage a network of collaborators

Let's Eat Healthy in Action



2023 Let's Eat Healthy Leadership Awardees



Joanna Muffaro
Healthy RC



Patty Corona
Olivewood Gardens



Dr. Betty Crocker
Redlands USD



Cesar Souza, RD
AltaMed



Vanessa Alvarizares
Imperial County Public
Health Dept.



Alhambra USD
Food & Nutrition
Services



Kate McDevitt
San Diego USD



Fausat
Rahman-Davies
Rialto USD



Let's Eat Healthy Community Grants
APPLY NOW!



Nutrition is Important to Students

- More alert at school
- Higher academic achievement
- Less absenteeism
- Lessens food insecurity
- Positive behavior to self & others
- Lifelong health behaviors



Positive Social, Emotional Climate



QUESTION?

Why is healthy eating important to you and the communities you work with?

This could be a personal reason or why you think it's valuable for students

Where can Nutrition Education fit in the WSCC model?

Classroom

- Health Education
- Physical Education

Cafeteria

- Nutrition Environment & Services
- Social & Emotional Climate

Community

- Family Engagement
- Community Involvement
- After-school

Whole School, Whole Community, Whole Child Model



Moving Policy to Implementation: Madera USD

- Find a model district or school
- Assess priorities and capacity
- Involve ALL Stakeholders
- Align to the WSSC framework
- Start small and build every year
- Identify resources
- Build partnership for support



What

The Madera Unified Wellness Policy Sets Standards for:

Nutrition

- ❖ Food Services meeting or exceeding Federal and State nutrition standards
- ❖ Integrating nutrition education into the academic curriculum at all grades
- ❖ Promoting the use of non-food rewards, celebrations, and fundraising

Physical Education and Activity

- ❖ Minimum mandated amount of time for Physical Education
- ❖ Promoting physical activity during periods of academic learning
- ❖ Encouraging activity outside the school day

Social and Emotional Climate

- ❖ Implementing adopted curriculum
- ❖ Providing trainings for staff
- ❖ Providing resources and activities to enhance and sustain positive school culture

Action Steps

- ❖ Actively engaging parents, staff, students and the community to participate in school health councils
- ❖ Promoting opportunities for parents, students, staff, and community members to engage in activities which enhance physical, mental, and emotional health
- ❖ Completing and reporting Thriving Schools Integrated Assessments annually
- ❖ The District Wellness Committee supporting school site health councils and school health council leaders

Who

Everyone has a role in creating healthy schools!

Students: Cultivate school gardens, participate in healthy fundraisers, engage in school site health councils, and learn to be ambassadors of health to peers and family through health and physical education, positive social interactions, physical activity, and smart food choices.

Parents/Guardians: Support healthy school and classroom celebrations, Safe Routes to School, school gardens, school safety, healthy fundraising, and engage in school health councils and district wellness committee.

School Staff: Model healthy behaviors, promote social and emotional wellness, create and maintain safe school environments, offer healthy rewards for student achievement, and engage in school health councils.

School Programs: Farm to Table, Safe Routes to School, Walking Clubs, Healthy Fairs, The Daily Mile, CPR/AED Training, Employee Wellness Opportunities, Positive Behavioral Interventions and Supports.

Principals: Ensure Wellness Policy is integrated into school curriculum and school environment. The policy should be posted on school grounds.

Board of Trustees: Approves and supports Madera Unified Wellness Policy.

Moving from Policy to Implementation: Merced City SD



- DCC Program + CalFresh Healthy Living
- Training to all staff at Miniversity in Spring
- Sites prepared to teach in Fall



Nutrition Education is ongoing, multifaceted and collaborative



Food Group	Key Nutrients	Why Your Body Needs Them
Dairy Milk, Yogurt, Cheese	Calcium Vitamin D	Strong bones and teeth
Vegetables	Vitamin A Potassium	Healthy skin and eyes
Fruits	Vitamin C Potassium	Healing
Grains Breads, Cereals, Pasta	B-vitamins Fiber	Energy
Protein Meat, Beans, Nuts	Protein Iron	Strong muscles
"Extras"	No nutrients	No health benefits



It all adds up to helping students create healthy eating habits!



**Dairy Council
of California®**

Partnership



Video Series

Let's Eat Healthy
TOGETHER




Dairy Council
of California®

Let's Eat Healthy Together



Nutrition Science

Ag literacy

Cooking, culture & traditions

Inspire, educate + empower

12 videos – 12 Nutrition Topics

Food Adventure	Fuel up with Breakfast	Get to know your Gut	Food Cultures + Traditions
Team Nutrients	Fuel up with School Lunch	California Pizza	Farm to You
Foods Go Together	Label Detectives	Eating with the 5 Senses	Secret History of Cheese

HealthyEating.org/Together



Watch the episode series below!

Beginning January 11, 2023, a new episode premieres every Wednesday through March.

 <p>Episode 1: Food Adventure</p>	 <p>Episode 2: Team Nutrients</p>	 <p>Foods Go Together (Airs 1/25/23)</p>	 <p>Label Detectives (Airs 2/1/23)</p>
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Episode 1: Food Adventure

Join Chef Monti on a food adventure through the 5 food groups! Discover the many types of foods and flavors that help keep our bodies healthy.



View Episode Sneak Peek

Food variety makes eating interesting, exciting & fun!
[Watch trailer ->](#)

Click Below to Watch!

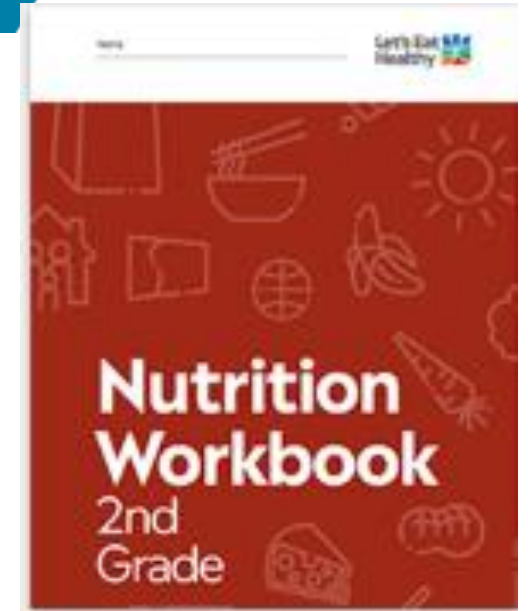


Let's Eat Healthy Together Video



Nutrition & Ag Literacy Program

- Grade specific K-12
- Aligns to Common Core Standards
- Based on the Dietary Guidelines for Americans
- Teacher guide + student workbook
- Student assessments
- Parent materials
- Available in English & Spanish
- Free in CA
- **Classroom or after-school**



Materials are FREE

Digital

- Student Workbooks
 - English (fillable PDF or Google Slides)
 - Spanish (PDF)
- Educator Guide (PDF)
- Nutrition Builders & PPT
- Videos

Print

- Student Workbooks
 - English or Spanish
- Educator Guide
- Ships to school

Let's Eat Healthy Nutrition Lessons with videos

31 Videos Total

- (1) Intro video
- (16) Nutrition ed videos
- (14) Student workbook videos
 - (7) 4th grade
 - (7) 5th grade
- [YouTube Playlist](#)



Educator Feedback

Educators rate
Let's Eat Healthy
programs
4.7 out of 5 stars!



Let's Eat
Healthy

*Results from Let's Eat Healthy K-12 Educator Survey June 2021

Let's Eat Healthy

Quality Resources

Educator approved!

98% 

- Valuable information
- Relevant to education standards

Teacher feedback:



"Everything is there: online (PowerPoints + videos) components and student workbooks."

"All of the resources are practical, activities and lesson plans were able to adapt to use online."

Teachers report programs:

88% Engage students

72% Right amount of content

95% Lessons developmentally appropriate

Educator Guides met needs

Student Feedback

This lesson has helped me
to realize how to expand
my healthy food choices

-8th Grade Student
Student Survey

I enjoy learning
more about what I
can eat to help my
body and just me
personally.

-12th Grade Student
Student Survey

This program makes me feel like I can make
better and more healthy food goals

-High School Student
Student Survey



Best Practice: Wellness Wednesday Program Redwood City SD



Wellness Wednesdays lessons are available for K-5 teachers! Wellness Wednesdays is a seven-week asynchronous learning program focused on health and wellness for K-5th grade students.

Each weekly video and activity lesson is about 10-20 minutes long, and focuses on topics such as food groups, nutrients found in foods, how to create balanced meals, daily serving size recommendations, nutrition facts, and healthy snacking, physical activity, and healthy habits.

Week 1: Nutrition & Health Lessons

- [Kindergarten - 2nd Grade Lessons](#)
- [3rd Grade Lessons](#)
- [4th Grade Lessons](#)
- [5th Grade Lessons](#)



Fresno USD After School Program



FUSD After School: K-6th Grade Nutrition Education

2023-2024 Scope & Sequence

Benefits of Nutrition Education (NE): Offering NE in schools at all age levels helps prepare students for critical life skills and life-long healthy habits. Children who develop healthy habits at an early age are more likely to be well, stay well, and do well in school.

Dairy Council Curriculum (K-5): Aligns with Common Core Standards for English Language Arts & Literacy, as well as relevant health and physical education standards. Standards listed for activities can be found in each grade level educator guide.

USDA Resources: Project-based learning to engage student in nutrition education while meeting educational standards for English and Health.

Dates	Kinder	1 st	2 nd	3 rd	4 th	5 th	6 th	National Awareness	Additional Resources
Sept 11 th -15 th (Priority Lesson)	Pre-Assessment & Lesson 1: <i>The 5 Fabulous Food Groups</i>	Pre-Assessment & Lesson 1: <i>Team Food Groups</i>	Pre-Assessment & Lesson 1: <i>Eat All 5 to Thrive!</i>	Pre-Assessment & Lesson 1: <i>Food Group Fun</i>	Pre-Assessment & Lesson 1: <i>Healthy Me!</i>	Pre-Assessment & Lesson 1: <i>Fuel UP, Be Fit!</i>	USDA: Healthy Eating with MyPlate		
Sept 25 th -29 th (Optional Extended Lessons)	Reach for the Sky Music Video (2:14min) MyPlate	MyPlate Coloring Sheet Kids Food	MyPlate Coloring Sheet Kids Food	EP1: Let's Eat Healthy Eating Video (10:26min) MyPlate	EP1: Let's Eat Healthy Eating Video (10:26min) Create Your	Create Your Own MyPlate Menu	Making Healthy Choices Using the Nutrition Facts Label		



Mobile Dairy Classroom

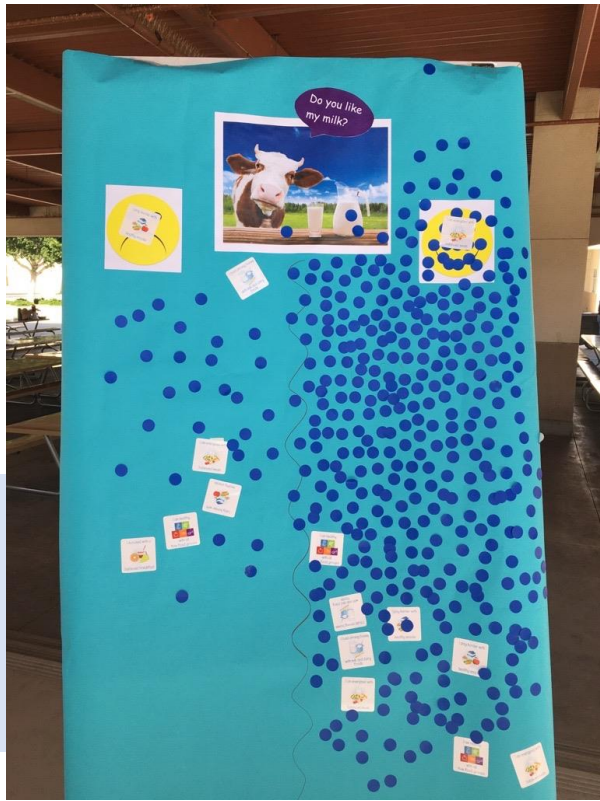


- Available in Santa Barbara Coastal Region
- Online & In person

Nutrition Education in the Cafeteria



Taste Tests and Student Surveys



Source: Smarter Lunchrooms of California Success Stories, California Department of Education; Sticker: USDA

Nutrition Promotion



We love to promote healthy food, ideas and concepts in our cafeterias which is why we ordered them!" -Kathleen Cole, SFSD Torrance USD

Nutrition Education in the Community



Nutrition Education

Boost Your Brainpower With Breakfast!

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

Healthy Eating Made Easier!



What is a "balanced breakfast"?

A balanced breakfast will help you feel full until lunch. Eating foods from...

Which is your favorite easy breakfast idea?

- Chopped with milk and...

Nutrition Tips
HealthyEating.org

Let's Eat Healthy

Healthy Eating For Your Family

How to Feed Your Child at Every Age



Use the "3 our balance"



Helps children and families plan their meals. It gives students something specific to do. This resource can work for prevention and treatment at the same time vs. just prevention."

Health Educator

Rx Family Wellness Prescription [INSERT PATIENT LABEL HERE]

Name: _____ Date: _____

OUR FAMILY GOALS:

- Build better meals by:
 - Making half our plates fruits and vegetables
 - Serving milk instead of sugary drinks
 - Choosing whole grains more often
- Eat together as a family days/week
- Try the school breakfast and/or lunch program
- Offer water throughout the day
- Go to HealthyEating.org/HealthyKids for more tips on healthy eating for the whole family

Serve healthy snacks by combining 2 food groups (circle): Dairy Vegetables Fruits Grains Protein

We will start these goals on: ___/___/___

Rx My Wellness Prescription for Teens [INSERT PATIENT LABEL HERE]

Name: _____ Date: _____

MY GOALS:

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

For more go to HealthyEating.org/HealthyTeens to complete the online nutrition modules.

Don't forget your next wellness visit: ___/___/___

Student Signature: _____

Prescriber Signature: _____

NOTES/PROGRAM REFERRALS

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

THANOS/OLIVER - LUM

Support for Summer Meals



**FREE MEALS ALL
SUMMER LONG!**

Text **FOOD**
to **304-304**
for a location
near you.



Summer Meal Programs are
open to all youth 18 and
under - no paperwork
required.



Join the Initiative at
HealthyEating.org/Join

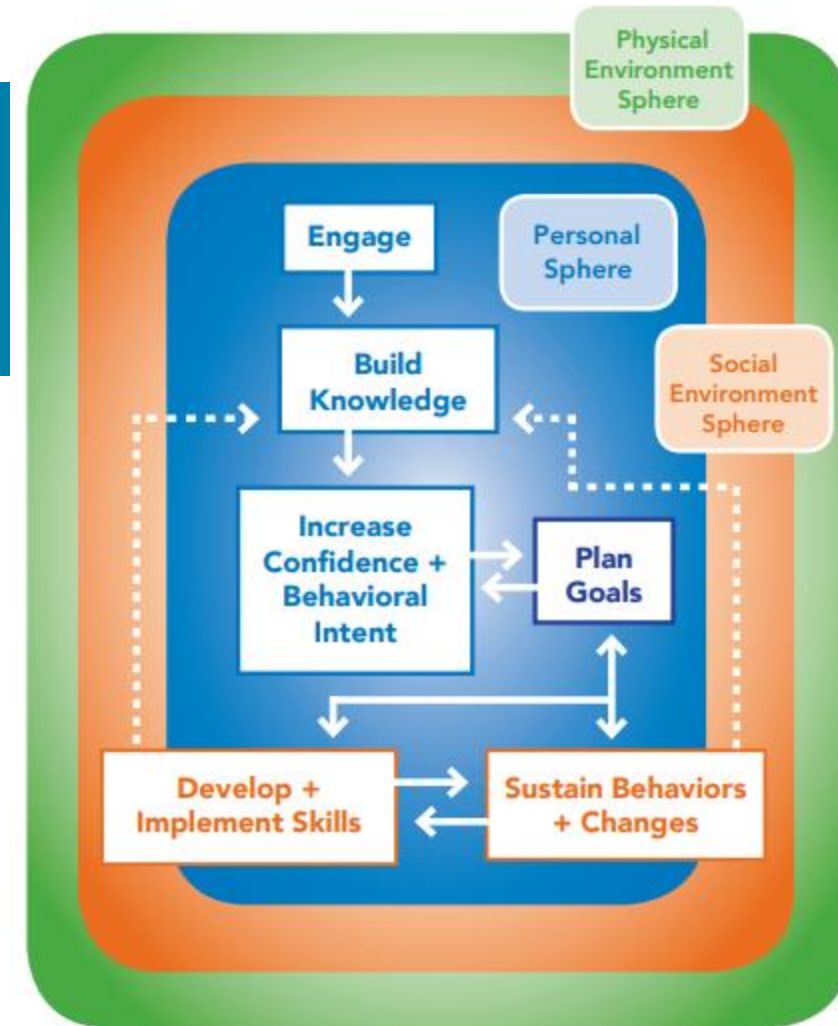
Innovative pathways for Nutrition Education

- Videos
- Partnerships
- Cooking classes
- Farm to School
- Garden education
- Peer-led education
- Culturally sensitive and inclusive language and materials



Behavior Change Framework

1. Engage
2. Build Knowledge
3. Increase Confidence + Behavioral Intent
4. Plan Goals



Activity



Share

Share one new idea you will use to increase nutrition education



How to Find Resources

Nutrition Education Catalog: **HealthyEating.org/Catalog**

Connect with a Community Nutrition Adviser:
HealthyEating.org/CNA

Join the Let's Eat Healthy Initiative: **HealthyEating.org/Join**



Thank you & Survey

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