



DAIRY COUNCIL

— OF CALIFORNIA —

— EST. 1919 —



From Policy to Practice: A Comprehensive Approach to Nutrition Education

Tuesday, September 16, 2025





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Session Objectives



- **Reflect** on your "why" for nutrition education.
- **Explore** best practices, policy alignment, and Let's Eat Healthy resources to activate your school community.
- **Commit** to one action that will strengthen nutrition education efforts.

Our Journey Today



Today's session will be:

- **Engaging** – Expect opportunities to connect and reflect
- **Practical** – Leave with real tools and strategies you can apply
- **Supportive** – This is a safe, inclusive space to share insights and ideas for engagement



Warm-up

**How does nutrition
education currently
show up in your
district or role?**

Turn to a neighbor
and share.



Why Nutrition Education?

- Vital part of an effective health education program
- Equips students with the knowledge, skills, and experiences that empower healthy behaviors
- Supports academic and lifelong success
- Required element of a Local School Wellness Policy



Why Focus on Wellness Policies?



- Supports whole-child development by promoting physical, mental, and emotional well-being through coordinated school environments.
- Improves student outcomes – healthy eating and regular physical activity are linked to better focus, attendance, and academic achievement.

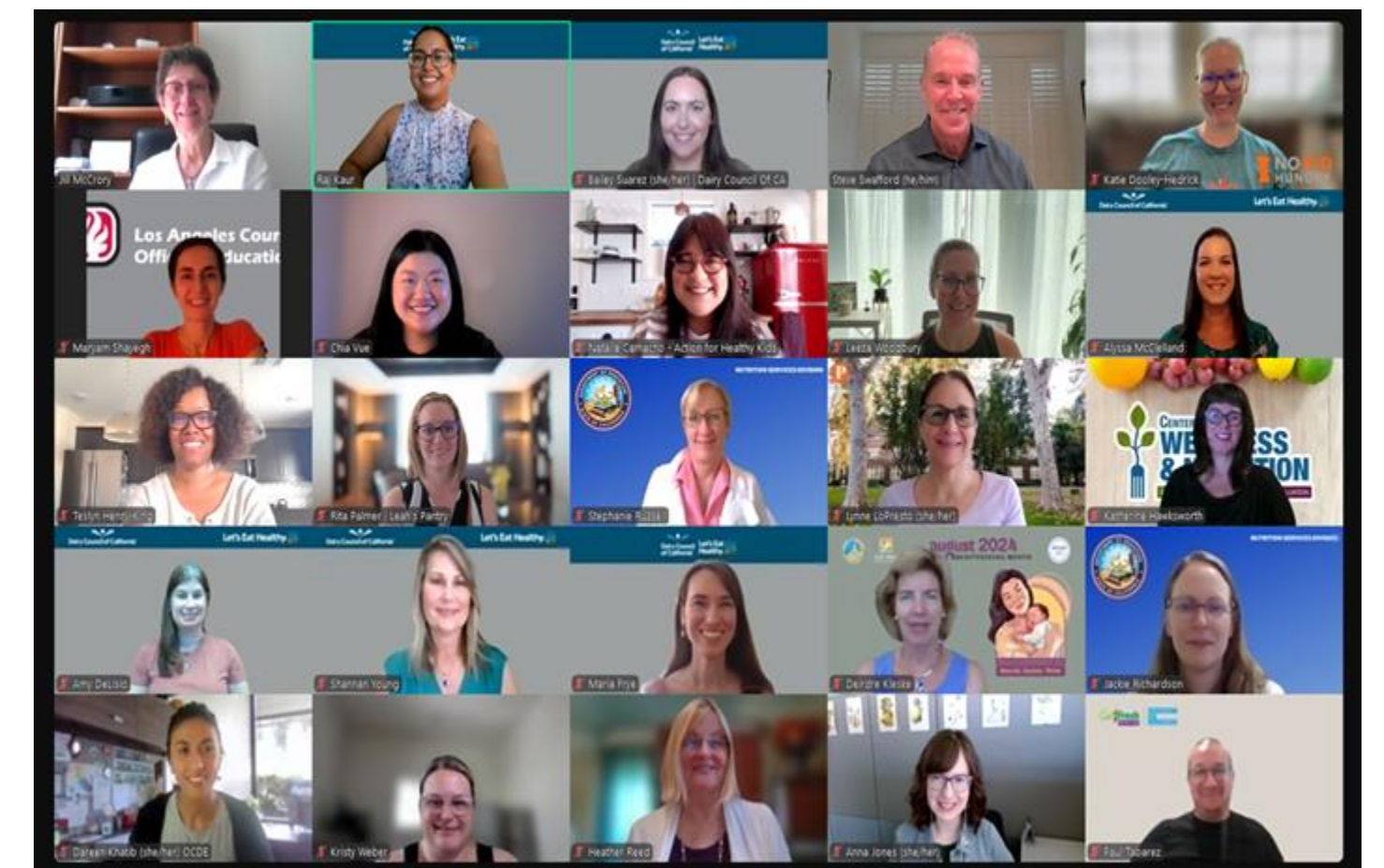
PubMed Central (2023) - The Role of Wellness Policies in WSCC

CDC – Health and Academic Achievement

California Local School Wellness Policy Collaborative



We empower school communities and partners to strengthen local school wellness policies and systems in California to support student whole health and academic achievement.



Tools and Resources



WINNING AT WELLNESS WEBINAR

Resources to Activate Your Local School Wellness Policy



Establish a Successful Wellness Team

- [LSWP Committee Guide](#)
- [Sample Wellness Policy Pitch](#)

Assess the Quality of a District Policy

- [WellSAT 3.0](#)
- [Triennial Assessment Summary Sample](#)
- [LSWP Required Elements Checklist](#)
- [Triennial Assessment Template](#)
- [Triennial Assessment FAQs](#)

Find Spending Flexibility with the Local Control Funding Formula

- [Steps to Advocate for Wellness in LCAPs](#) (also available in Spanish)
- [School Nutrition for Academic Success: A LCAP Guide](#)

Get Moving With Sample Action Plans and Model Policies

- [Action Plan Template](#)
- [Sample Action Plans](#)
- [Model Policies: CA School Board Association](#)
- [Alliance for a Healthier Generation](#)

Whole School, Whole Community, Whole Child (WSCC) Resources

- [Whole School, Whole Community, Whole Child \(WSCC\) Model](#)
- [Strategies for Using the WSCC Framework](#)
- [School Nutrition Policies and Practices to Support SEL](#)
- [WSCC Model: A Guide for Implementation](#)
- [Webinar – WSCC Model: Resources to Guide Implementation](#)



Local School Wellness Policy Committee Guide



Triennial Assessment Office Hours for LEAs

This webinar answers questions about the assessment process to ensure LEAs are well equipped.

[Watch here](#) →

Taking Action: Implementing CDC's WSCC Model

Learn actionable strategies to improve student health through the effective implementation of WSCC.

[Watch here](#) →



DairyCouncilofCA.org/CASchoolWellness

Real Impact: How Districts Embed Dairy Council in LSWP Policy Language

“The District will implement the Let’s Eat Healthy Curriculum at all grade levels.”

— Guadalupe Union ESD

“Materials aligned with these nutrition education requirements include but are not limited to: Dairy Council of California.”

— Madera USD

*What May Get in
the Way?*

**What barriers have
you experienced –
or seen – in
implementing or
sustaining nutrition
education efforts?**

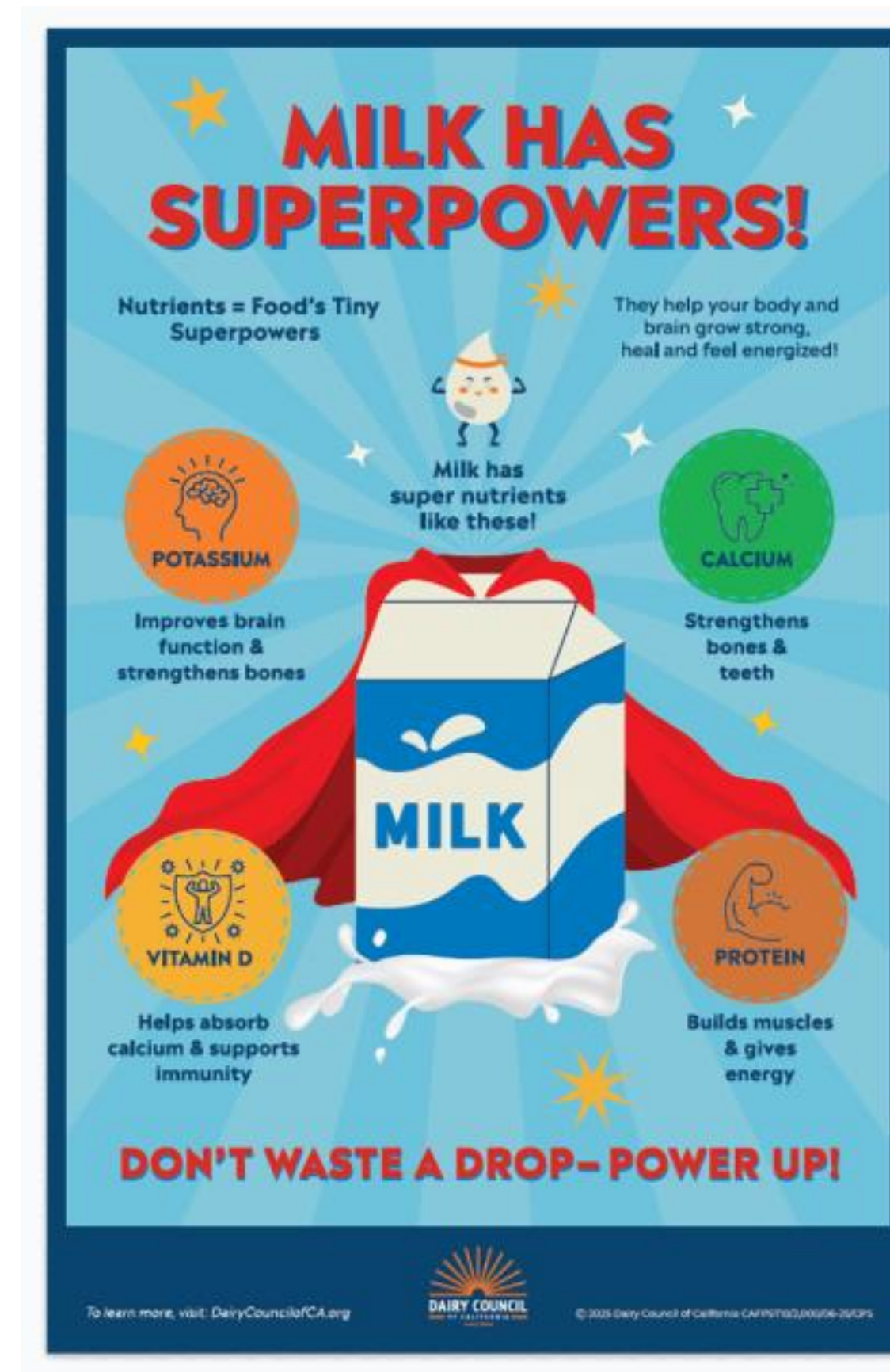
Popcorn share.





Implement
Nutrition Education
Year-Round

Tools & Resources



DairyCouncilofCA.org

Nutrition Tips
HealthyEating.org

Let's Eat Healthy



September

World School Milk Day

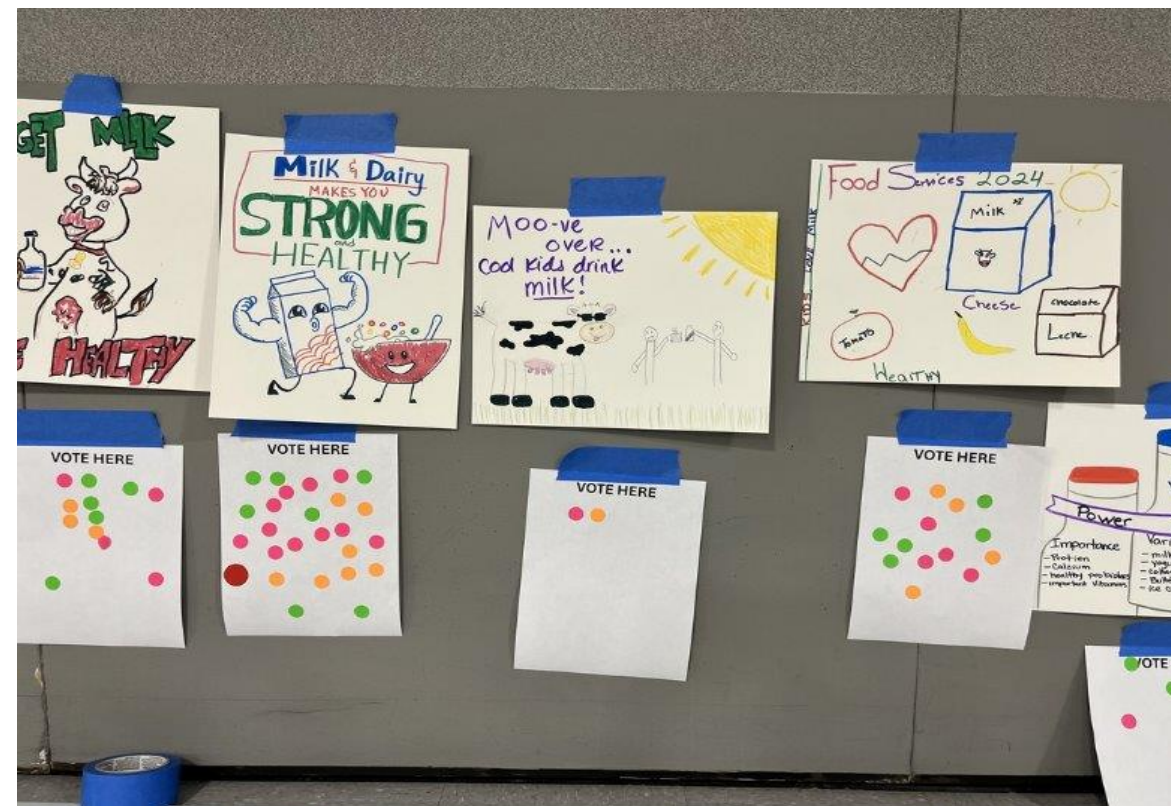


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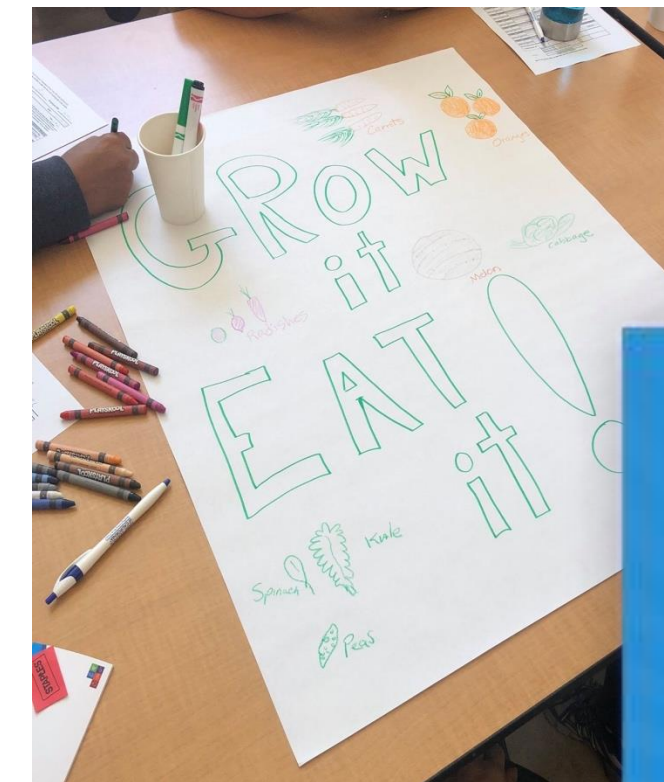
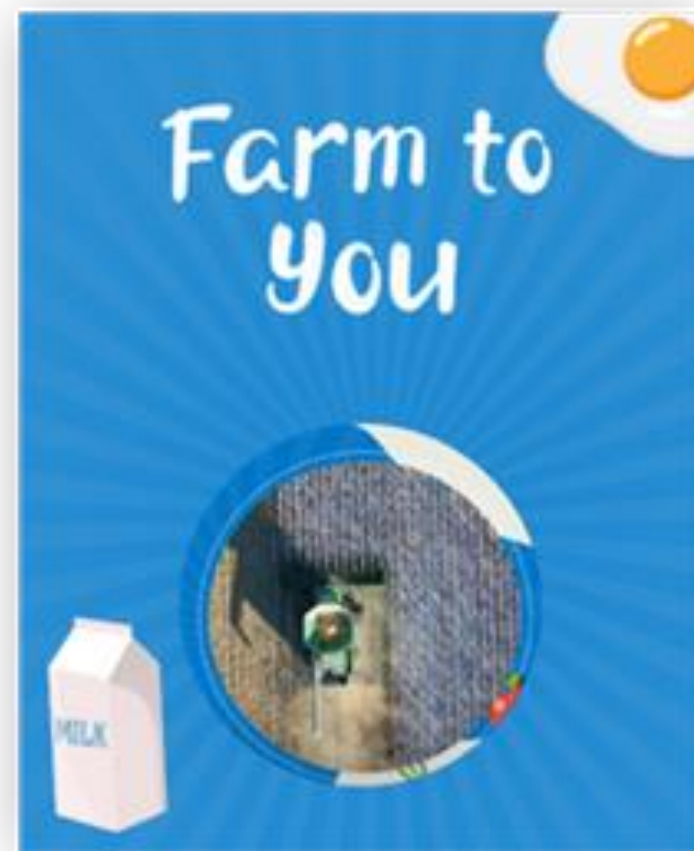


“Milk is LEGEN-DAIRY! Not only is milk delicious, but it can also help promote healthy bones, vibrant skin and strong teeth. It’s nature’s nearly perfect food. Have a glass today with your school meal!”

- Dawn Soto, Senior Training Specialist in the Food Services Division, Los Angeles Unified School District



October Farm to School Month



National School Lunch Week

March

Healthy Eating Campaigns



DairyCouncilofCA.org



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 three or more food groups is a simple model to get the nutrients you need every day!
Eating breakfast gives you the energy to play and think.
A balanced breakfast has at least one food from each of the "3 out of 5" food groups:
1= Grains
2= Vegetables OR Fruits
3= Dairy OR Protein
Take the time to eat a variety of foods to get the nutrients you need to be healthy.

Which is your favorite easy breakfast idea?

- Oatmeal with milk and sliced apples
- Whole-wheat toast topped with peanut butter and sliced bananas
- Tortilla with cheese and tomato slices
- Small whole-wheat bagel, cottage cheese and peaches
- Whole-wheat crackers, string cheese and 100% apple juice box

Use the "3 out of 5" model to eat a balanced breakfast every day!

Grains + Fruits + Dairy = Balanced Breakfast

Add milk for an easy way to get "3 out of 5."

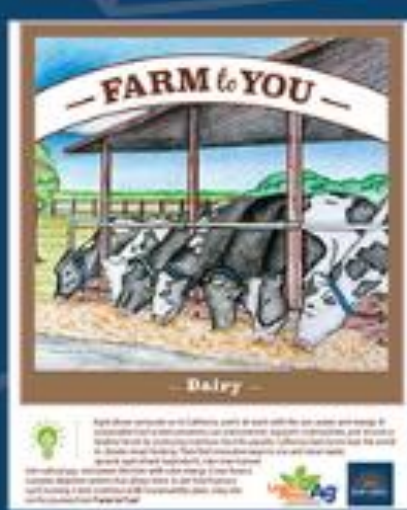


Food Connects Us

2025 NATIONAL NUTRITION MONTH®
A Campaign by the Academy of Nutrition and Dietetics



National School Breakfast Week



Pulling It All Together

- Start with a strong foundation
 - Develop an action plan to advance wellness policy efforts
- Leverage tools & resources
 - Implement a variety of resource types for various settings
- Activate school community year-round

Reflection

**Write one
action you will
take to
strengthen
your nutrition
education
efforts.**





Questions,
Comments,
Compliments,
Reflections?



We value your feedback!

Please scan the QR code to
complete a brief survey.



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Thank You!!
😊



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