

To School Nutrition Services Staff:

We know that you are facing the challenge of meeting new school lunch regulations while maintaining lean budgets and ultimately nourishing students here in California. Let Dairy Council of California help you maximize the nutrient-rich foods—such as milk and milk products—that your students consume. The websites listed below can answer your questions regarding health and wellness in the school environment, milk and dairy research, nutrition education and the latest promotions and products regarding dairy for schools.

FREE Resources From Dairy Council of California

Website: HealthyEating.org



- ® Free research-based nutrition education curriculum for K-12 grade that aligns with the nutrition and health standards adopted by the California Board of Education.
- ® Nutrition education self-instructional booklets and fact sheets for parents and adults.
- ® Mobile Dairy Classroom outdoor assembly using a live cow for teaching bovine anatomy, diet and how milk gets from the cow to the container.
- ® Online Parent Education Toolkit that helps parents be good dietary role models and create a healthy eating environment for the whole family. Topics include Rethink Your Drink, Positive Parenting Approaches for Picky Eaters, Portion Size Pointers for Parents and Growing a Healthy Child.
- ® School wellness policies for all schools in California. Go to the School Wellness page to locate and evaluate your district's policy or get ideas for enhancing the wellness policy at your school.
- ® Cafeteria Connections that extend academic learning to the cafeteria. Find ideas for linking the healthy lessons students learn in the classroom to breakfast and lunch at school.

Additional Dairy Resources

National Dairy Council

Website: www.NationalDairyCouncil.org/Pages/Home.aspx



NATIONAL DAIRY COUNCIL

- ® The Fuel Up to Play 60 program, which can grow your meal participation. It empowers students to improve the school health and wellness environment by increasing physical activity and healthy eating. www.SchoolNutrition.org/FuelUpToPlay60
- ® A library of science-based education materials, including toolkits on child nutrition, sample menus and analysis, the role of milk in schools and the 2010 Dietary Guidelines for Americans.
- ® The latest dairy and nutrition research and information that focuses on topics such as child/adolescent health, weight management, bone health, lactose intolerance, cardiovascular health, protein and more.

Got Milk?

Website: www.WhyMilk.com

got milk?

- ® The Breakfast Project, which features tips, tools and nutritious recipes to help make the most of mornings.
- ® Free banners and posters for elementary, middle and high schools, including the famous Got Milk? celebrities and more. Contact Shannan Young at SYoung@DairyCouncilofCA.org for ordering details.

California Milk Advisory Board

Website: www.RealCaliforniaMilk.com



- ® Regional marketing campaigns in support of California schools.
- ® Foodservice information and School Milk Cooler program.

Innovation Center for U.S. Dairy

Website: www.USDairy.com/DairyResearchInstitute



- ® The Dairy Research Institute works with and through industry, academic, government and commercial partners to conduct research in nutrition, products and sustainability to feature the latest in dairy research.

School Nutrition Association

Website: www.SchoolNutrition.org



California School Nutrition Association

Website: www.CALSNA.org



School Nutrition Services — A Dietetic Practice Group

Website: www.SNSDPG.org

For more information please contact me at 916.263.3560 or SYoung@DairyCouncilofCA.org or visit HealthyEating.org.

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