

3 Actions for a Healthy School Year

The beginning of the school year is exciting and busy! Cultivate a healthy and successful year using this easy-to-follow checklist.

Share with us on social media using #HealthySchools2023 and by tagging @HealthyEatingCA on <u>Facebook</u> and <u>Instagram</u>.

Learn more at: <u>HealthyEating.org/BacktoSchool</u>



Promote health and academic success with nutrition education.

- Order or download free science-based <u>nutrition education curriculum</u> and activities for K-12.
- Use the 2023-2024 Let's Eat Healthy Planning Calendar to engage students year-round.
- Share the value of healthy eating for the whole family with community education resources.



Encourage a healthy start to the day with a balanced breakfast.

- Teach students to build a balanced breakfast of nutrient-rich foods like dairy foods, fruits, vegetables, whole grains and lean protein with <u>Boost Your Brainpower With Breakfast</u> or <u>Breakfast Builder Activity Slides</u>.
- Share <u>healthy breakfast messages</u> with families and remind them school breakfast (and lunch) is free to all students in California.
- Watch the 10-minute episode <u>Let's Eat Healthy Together Ep. 5 Fuel Up With Breakfast</u> to discover nutritious breakfast creations.



Support school wellness policies to advance the health of the whole school community.

- Research your district's wellness policy and learn how to be a community champion.
- Explore resources from the <u>California Local School Wellness Policy Collaborative</u> to inspire your community to take action.
- Evaluate your district's wellness policy with the <u>Triennial Assessment Template</u>.



