



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 [Facebook](#) and [Instagram](#).

Learn more at: HealthyEating.org/BacktoSchool



Promote health and academic success with nutrition education.

- Order or download free science-based [nutrition education curriculum](#) 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 [Boost Your Brainpower With Breakfast](#) or [Breakfast Builder Activity Slides](#).
- Share [healthy breakfast messages](#) with families and remind them school breakfast (and lunch) is free to all students in California.
- Watch the 10-minute episode [Let's Eat Healthy Together Ep. 5 Fuel Up With Breakfast](#) 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 [California Local School Wellness Policy Collaborative](#) to inspire your community to take action.
- Evaluate your district's wellness policy with the [Triennial Assessment Template](#).