



# National School Lunch Week 2022 Partner Toolkit

Resources to activate your  
community!





# National School Lunch Week: October 10—14, 2022

Every second week of October, school districts throughout the U.S. celebrate the important role school lunch programs play in nourishing students with [National School Lunch Week](#). During this week, schools encourage participation in the school meal programs by coordinating special menus, activities, nutrition education opportunities and more.

The **National School Lunch Week Toolkit** was created by Dairy Council of California for the [Let's Eat Healthy Initiative](#) to help schools raise awareness of the nutritional quality of school meals by informing families, teachers and administrators about the benefits of participation. Through shared values, the Let's Eat Healthy Initiative elevates the health of children and families in the pursuit of lifelong healthy eating habits.

Join the Let's Eat Healthy Initiative at [HealthyEating.org/Join!](https://HealthyEating.org/Join)

*Thank you for supporting!*

HealthyEating.org

Let's Eat  
Healthy 

# Social Media

Leverage social media to promote **National School Lunch Week** at your school or in your community. We encourage you to customize these messages as appropriate. Use **#NSLW22** and tag **@HealthyEatingCA** on [Facebook](#) and [Instagram](#)!

## Sample Social Media Posts

- We know kids need healthy food to grow, learn and play! During National School Lunch Week, we celebrate the (School/District) nutrition team for providing free nutritious and delicious lunches each school day to our students. Visit [HealthyEating.org/NSLW](https://HealthyEating.org/NSLW) to learn more!
- Happy National School Lunch Week! Did you know research shows students are receiving their healthiest meals at school? Each day (School/District) offers healthy foods, like fruits, vegetables, whole grains, lean proteins and milk and dairy foods, making a positive impact on students in and out of the classroom.

## Images/Graphics

- [National School Lunch Week Image Gallery](#), created by Dairy Council of California
- [School Nutrition Association Marketing + PR Resources](#) for National School Lunch Week 2022

# Nutrition Resources

Nutrition education helps students understand the health benefits of school meals.

## Lessons:

[Building MyPlate Activity](#)

[MyPlate Builder Slides](#) (digital)

[Activity + Eating for Teens](#)

[Nutrition Games + Activities](#)

[Let's Eat Healthy K-12 Curriculum](#)

## Videos:

[Exploring the Five Food Groups](#)

[Creating a Balanced Lunch + Dinner](#)

[Healthy Eating Made Easier with Food Groups](#)

Scan the QR code for  
more resources!



# Take Action!

Promote school lunch programs during National School Lunch Week and beyond.

For questions and support with resources, training and partnership opportunities, contact Renée Farias, [rfarias@HealthyEating.org](mailto:rfarias@HealthyEating.org).

1. **Order [nutrition education](#)** curriculum to help students learn and practice healthy eating habits.
2. **Join the [Let's Eat Healthy Initiative](#)** to support children and families build healthier communities.
3. **Organize [food tastings](#)** of new menu items that allow students to explore new and culturally diverse foods.
4. **Empower students** to make healthy choices during mealtimes using strategies from the Smarter Lunchrooms Movement. [Smarter Lunchrooms Movement of CA](#) offers tools, training opportunities and local support to transform cafeteria environments.