



National Nutrition Month 2023 Partner Toolkit

Resources to activate your local community!



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Celebrate National Nutrition Month!

National Nutrition Month® is an annual campaign created by the [Academy of Nutrition and Dietetics](#). Each March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

The theme for 2023, ***Fuel for the Future***, highlights the importance of fueling our bodies with nourishing food and eating with sustainability in mind.

The **National Nutrition Month Toolkit** was created by Dairy Council of California for the **Let's Eat Healthy Initiative** to share the benefits of sustainable, healthy eating patterns. Let's Eat Healthy is an initiative that brings together community leaders and stakeholders with expertise in education, school foodservice, public health, health care and agriculture, inviting these change-makers to elevate the health of children and families through the pursuit of lifelong healthy eating habits.

Join the Let's Eat Healthy Initiative at
HealthyEating.org/Join!



Social Media

Leverage social media to promote National Nutrition Month at your school or in your community. We encourage you to customize these messages as appropriate. Tag us **@HealthyEatingCA** on [Facebook](#) & [Instagram](#) and **@HealthyEating** on [Twitter](#) and use the hashtags **#NationalNutritionMonth** and **#NNM23**.

Sample Social Media Posts

- March is #NationalNutritionMonth! This year's theme, Fuel for the Future, encourages us to discover the importance of fueling our bodies with nourishing food and eating with sustainability in mind. Learn more at: HealthyEating.org/NNM
- During #NationalNutritionMonth and beyond, focus on the environment when meal planning! For example, you can buy local milk, fruits and vegetables or choose foods with minimal packaging. Find more tips for sustainable, healthy eating at: HealthyEating.org/NNM
- Cooking food at home can be good for you and the environment! This #NationalNutritionMonth, enjoy more meals with friends and family at home. Find healthy meal planning ideas at: HealthyEating.org/NNM

Visit our [National Nutrition Month 2023 Media Gallery](#) for photos and and graphics to support the promotion of National Nutrition Month.

Nutrition Resources

Resources to support healthy eating habits!

[National Nutrition Month 2023](#)

[Let's Eat Healthy Together Broadcast Series](#)

[K-12 Nutrition Education Curriculum](#)

[Nutrition Builders](#)

[MyPlate Match Game](#)

[Mobile Dairy Classroom Assembly](#)

[Smarter Lunchrooms Movement](#)

[Let's Eat Healthy Planning Calendar](#)

[Food Access Resources](#)

Scan the QR code for
more resources!



Take Action!

Activities to celebrate National Nutrition Month

1. **Order [nutrition education](#)** curriculum to help students learn and practice healthy eating habits.
2. **Watch [Let's Eat Healthy Together](#)**, a nutrition education broadcast series featuring 12 episodes of food discovery. Share your food adventures by tagging @HealthyEatingCA on Facebook & Instagram and @HealthyEating on Twitter.
3. **Engage students and communities** with fun nutrition and agriculture education activities, including: [taste and teach](#), [gardening with a milk carton](#), [Mobile Dairy Classroom](#), [nutrition lessons](#) and [nutrition games and quizzes](#).
4. **Share awareness** of the importance of nutrition at school or community events. Order [community education materials and tip sheets](#) to reinforce healthy eating patterns.
5. **Schedule [Professional Development](#)** for you and your staff to learn more about nutrition, including the latest [nutrition trends](#). Dairy Council of California's team of nutrition experts can provide training on a variety of topics for educators, school foodservice staff, health professionals and community stakeholders.
6. **Join the [Let's Eat Healthy Initiative](#)** to work alongside others to champion community health.

For questions, support with resources, training and partnership opportunities, contact Renée Farias, rfarias@HealthyEating.org.