



DairyCouncilofCA.org



Opportunities for Nutrition and Health Professionals in an Evolving Policy Landscape

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CEO

Our Vision

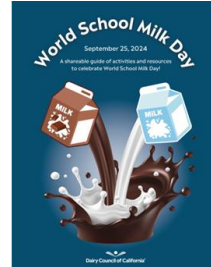
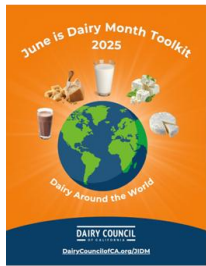
Milk and dairy are globally accepted as an essential solution to achieve nutrition security and sustainable food systems.

Our Cause

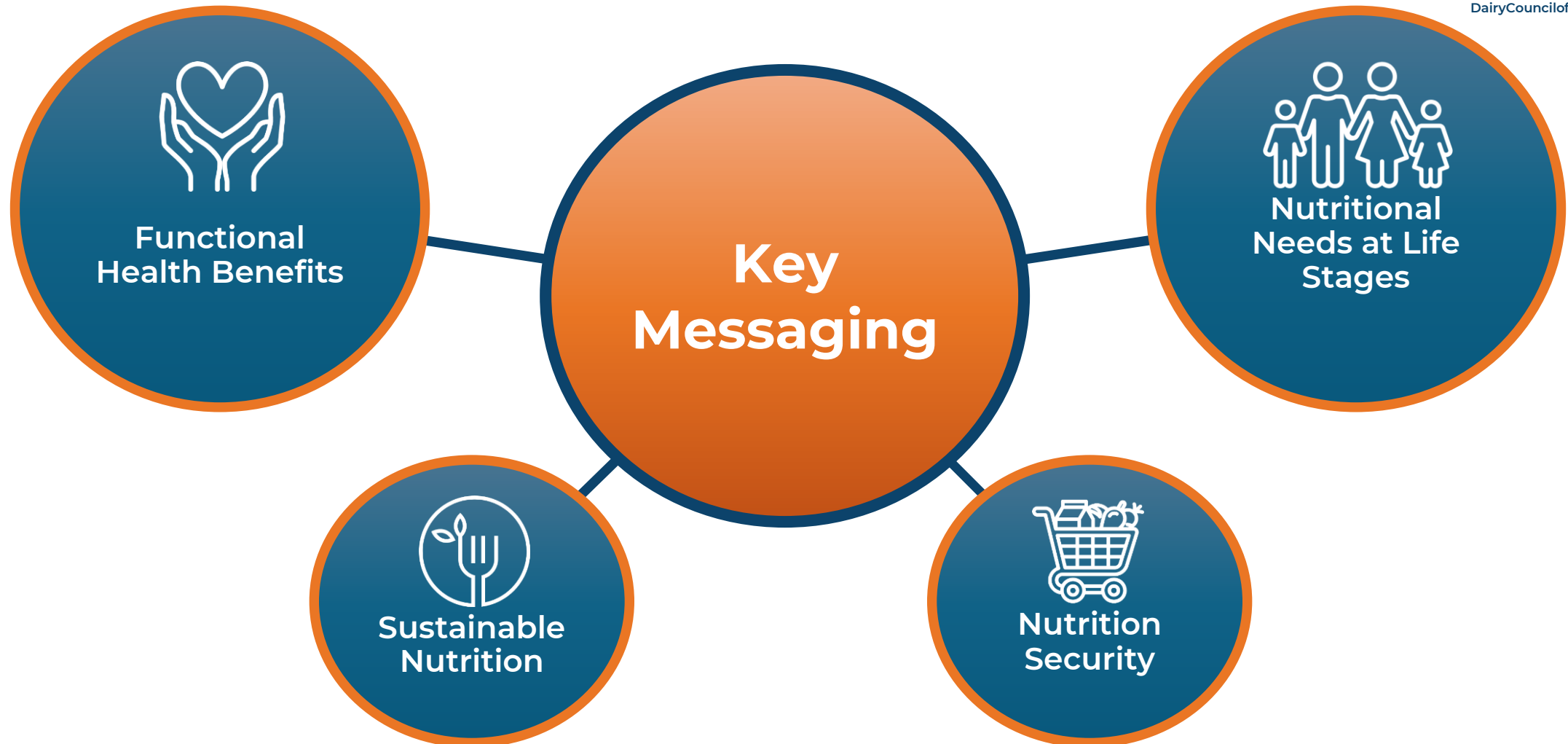
Elevating the health of children and communities in California by promoting lifelong healthy eating patterns that include milk and dairy foods.



Strategic Focus



Key Focus on Dairy Nutrition



Food and Nutrition Policy Landscape



Elimination of SNAP-Ed—the largest nutrition education program in the country



Reduction in funding support for food banks and schools to purchase local foods



Stricter requirements for SNAP enrollees reducing food benefits



SNAP purchasing restrictions



Proposed changes to SNAP grocery stocking standards

Policies are shifting rapidly impacting nutrition education, food access and hunger.

Food and Nutrition Policy Landscape

Emphasis on Children's Health and School Food
Transformation



MAHA Strategy Report

Dietary Guidelines for
Americans 2025-2030

Ultra-processed Food

How will these policies and
guidance documents impact
federal food and nutrition
programs and dietary
recommendations?

Opportunities for Nutrition and Health Professionals



Food for
Health/Culinary
Medicine

Emphasis on
Whole Foods

Healthy Food
Boxes

Farm to Fork
Programs

Healthy School
Campaigns

Precision Nutrition

Science-based
Nutrition
Recommendations

Nutrition
Education

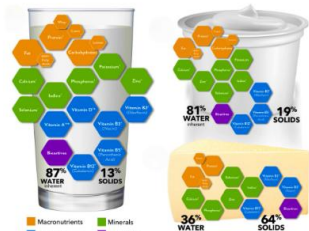
Thought Leadership Publications

Tools and Resources for Nutrition and Health Professionals



Exploring The Power Of The Food Matrix In Health Outcomes

August 4, 2025 · 3 Minute Read

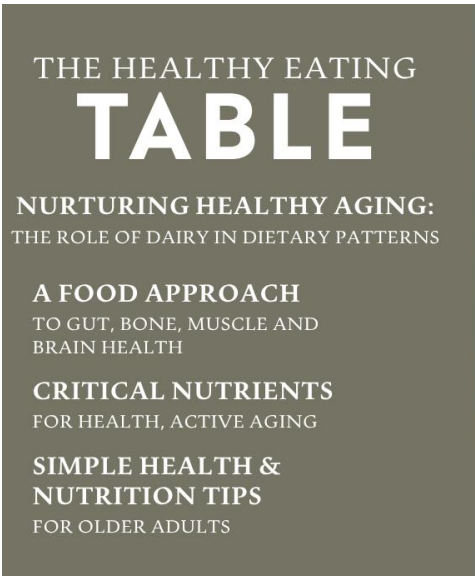
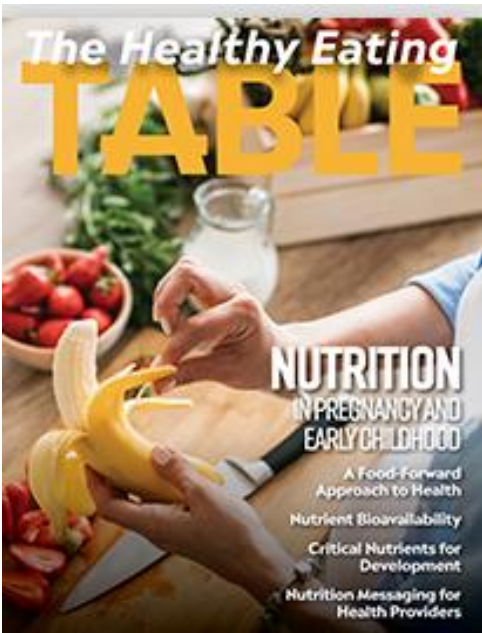


The Food Matrix Matters

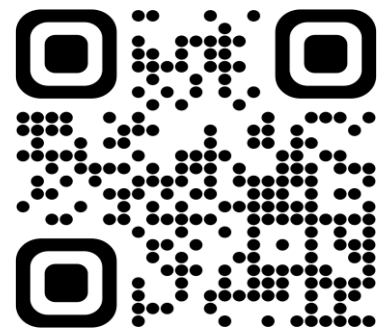
California Academy of Physician Associates Publication Article: July-September 2025 Issue

By Bessie O'Connor, RDN, Dairy Council of California

For decades, nutrition guidance has largely focused on individual nutrients, often cautioning against excessive intake of fat, sodium and sugar, while encouraging underconsumed nutrients such as potassium, fiber, calcium and vitamin D. This nutrient-based approach remains important. However, it's increasingly clear that health outcomes may depend less on isolated nutrients and more on how those nutrients interact within the structure of foods, also known as food matrices. This advance in nutrition research invites a broader conversation about the role of food and nutrition in health outcomes.



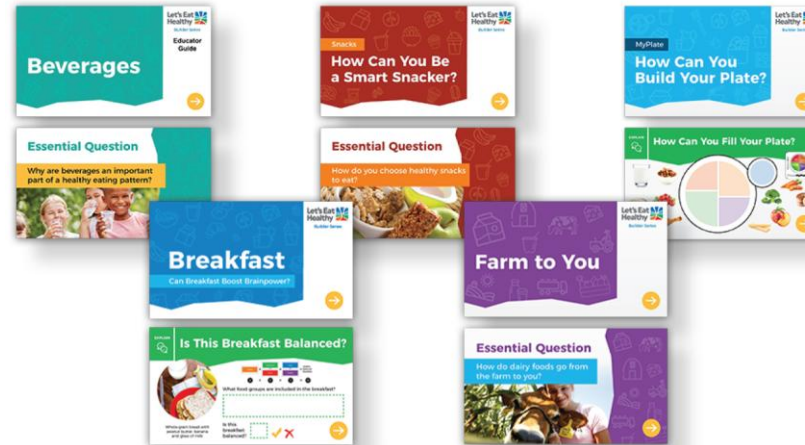
Resources on DairyCouncilofCA.org



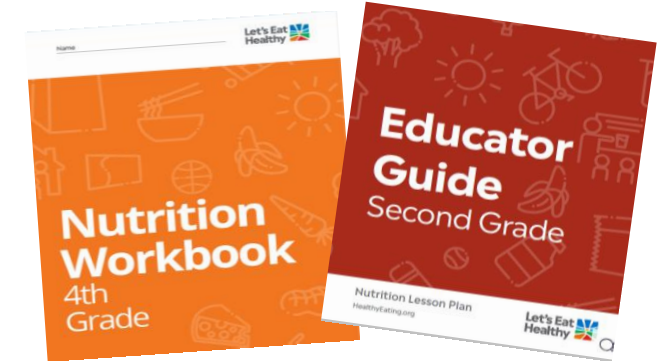
Community Education Booklets



Nutrition Slides



Nutrition Units K-8



Handouts



Video Series



Opportunities to Partner



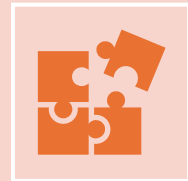
**DEVELOPING
NEW TOOLS AND
RESOURCES**



**HOSTING
TRAININGS AND
WEBINARS ON
RELEVANT
TOPICS**



**IMPLEMENTING
PROMOTIONAL
CAMPAIGNS**



**CO-AUTHORING
THOUGHT
PIECES**

Thank you!
Stay in touch.

