



Dairy Council of California

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Dairy Council of California is committed to elevating the health of children and families in California through the pursuit of lifelong healthy eating habits. Your partnership is valuable and we want to support you during school closures and distance learning. Check the links below to view our school meals page, and explore our nutrition education resources for students. Nutrition education resources can also be ordered for free and shipped to schools for use in distance learning packets.

School Meals Landing Page

Find links to all school district meal sites while COVID-19 school closures are in place
HealthyEating.org/SchoolMeals

Nutrition Education for Students

Grade level resources include free digital Student Workbooks, Common Core Reading Passages, Vocabulary Cards + more.

- [Kindergarten](#)
- [1st Grade](#)
- [2nd Grade](#)
- [3rd Grade](#)
- [4th Grade](#)
- [5th Grade](#)
- [Middle School](#) (grades 6-8)
- [High School + Teen Resources](#)

Nutrition Builders are short, interactive, one-page activity sheets that build on nutrition knowledge and reinforce healthy eating patterns.

Download Nutrition Builders for free today!

- **[Boost Your Brain Power With Breakfast](#)**: Teaches children how to build a balanced breakfast and why breakfast is so important.
- **[MyPlate Activity](#)**: Teaches children how to choose a variety of foods to build a healthy meal.

Additional Resources for learning about nutrition at home including games, videos and reading activities. HealthyEating.org/Schools/Online-Learning