



## Let's Eat Healthy Nutrition Lessons Program Description

Lessons have been adapted to video delivery format with permission by the Dairy Council of CA in cooperation with the Santa Clara County Public Health and University Cooperative Extension.

7 lessons total that are comprised of 2-4 videos each lesson. The videos are short, topic-based and align to curriculum learning objectives for 4<sup>th</sup> and 5<sup>th</sup> grade.

Each lesson has a student workbook video that guides the students on how to complete each student workbook lesson.

The comprehensive series has 19 educational videos, 14 workbook instructional videos, fillable student workbooks, and a quick start guide for the teachers. *Nutrition Pathfinders*, Let's Eat Healthy videos and resources are being added throughout December and January.

Dairy Council YouTube Page and Let's Eat Healthy Nutrition Lessons Playlist found here:

[Dairy Council of California, Let's Eat Healthy YouTube page and Nutrition Lessons Playlists](#)

To obtain student workbooks and quick start guide, please contact your local Dairy Council Community Nutrition Adviser:

Region	Associated Counties	Community Nutrition Adviser	E-mail
San Diego/Imperial	San Diego, Imperial	Heather Troska Berkoben	<a href="mailto:HBerkoben@healthyeating.org">HBerkoben@healthyeating.org</a>
Riverside/San Bernardino	Riverside, San Bernardino	Rajwinder Kaur	<a href="mailto:RKaur@healthyeating.org">RKaur@healthyeating.org</a>
Orange County	Orange County	Phoebe Petersen, Supervisor	<a href="mailto:PP@healthyeating.org">PP@healthyeating.org</a>
Southern California	Los Angeles	Jeri Mobley	<a href="mailto:JMobley@healthyeating.org">JMobley@healthyeating.org</a>

This is a joint project between CalFresh Healthy Living, UCCE Santa Clara County, The Santa Clara County Department of Public Health, and the Dairy Council of California.

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Funded by California's dairy farm families and milk processor, Dairy Council of California is a nutrition education organization overseen by the California Department of Food and Agriculture. It is the dairy community's philanthropic contribution to community health, supporting nutrition education in school and community settings to help children and families make healthier eating choices.

<b>Region</b>	<b>Associated Counties</b>	<b>Community Nutrition Adviser</b>	<b>E-mail</b>
Southern California	Los Angeles	Maria Frye	<a href="mailto:MFrye@healthyeating.org">MFrye@healthyeating.org</a>
Southern California	Los Angeles	Morgan Carey	<a href="mailto:MCarey@healthyeating.org">MCarey@healthyeating.org</a>
Central Valley	Kern, Kings, Tulare, Inyo, Mono, Madera, Fresno	Renee Farias	<a href="mailto:RFarias@healthyeating.org">RFarias@healthyeating.org</a>
Central Coast	Ventura, Santa Barbara, San Luis Obispo, Monterey, San Benito	Bessie O'Connor	<a href="mailto:BOconnor@healthyeating.org">BOconnor@healthyeating.org</a>
South Bay-North Central	Santa Cruz, Santa Clara, Stanislaus, Merced, Calaveras, Tuolumne, Mariposa, Alpine	Jammie Lam	<a href="mailto:JLam@healthyeating.org">JLam@healthyeating.org</a>
Bay Area	Contra Costa, Alameda, San Mateo, San Francisco, Marin, Napa, Sonoma	Bailey Rose	<a href="mailto:BRose@healthyeating.org">BRose@healthyeating.org</a>
Northern California	Solano, Yolo, Sacramento, San Joaquin, Amador, El Dorado, Placer	Sonia Fernandez Arana	<a href="mailto:SFernandez@healthyeating.org">SFernandez@healthyeating.org</a>
Far Northern California	Del Norte, Siskiyou, Modoc, Humboldt, Trinity, Shasta, Lassen, Mendocino, Lake, Tehama, Colusa, Glenn, Butte, Yuba, Sutter, Nevada, Sierra, Plumas	Lisa Larsen, Supervisor	<a href="mailto:LLarsen@healthyeating.org">LLarsen@healthyeating.org</a>