



“ New research shows that children and youths will be ready to learn, and will achieve their fullest potential, only if they are well nourished and healthy. Such children have better attendance at school, concentrate more on their lessons, and achieve improved performance. ”

– California Department of Education

Network for a Healthy California—LAUSD

Overview

The *Network for a Healthy California—LAUSD's (Network)* mission is to increase healthy eating and physical activity among pre-K through 12th grade students throughout the Los Angeles Unified School District.

The *Network* uses innovative, hands-on learning techniques to empower students to eat more fruits and vegetables and enjoy 60 minutes of physical activity every day (see Our Programs below).

Our multi-dimensional approach to nutrition education also reaches beyond the classroom. We work with teachers and administrators to foster healthy school environments and teach parents about healthy living and resources – like CalFresh – that are available to help them provide nutritious foods for their families.

The *Network* is funded by the USDA Supplemental Nutrition Assistance Program (SNAP) through the California Department of Public Health's *Network for a Healthy California*. LAUSD schools with 50 percent or more students who are eligible for free or reduced-price meals are encouraged to join the *Network*. Participating schools then create customized learning opportunities unique to their community's needs.



What Are We Doing?

The *Network* is changing the way students think about food and exercise by engaging their taste buds, minds and bodies. We use food's universal appeal as a starting point in our projects. In the classroom, the planning, preparation and enjoyment of food is easily turned into an educational experience that can be woven into many core curricular areas – mathematics, science, health, language arts, social studies and history.

When children realize the value and importance of healthy nutrition, the next natural step is to explore how the body uses the energy derived from food for physical and mental activity. Physical activity is easily encouraged when it is fun and makes sense.



Our Programs

- **Harvest of the Month** – Every month, students experience seasonal produce through classroom tastings and activities that also integrate standards-based lessons.
- **Nutrition Advisory Councils (NACs)** – Student leaders promote healthy habits to their peers.
- **Nutrition Education School Gardens** – School gardens are classrooms for healthy eating and physical activity.
- **Farm Programs** – Local farmers demonstrate where foods come from.
- **Chefs in the Classroom** – Chefs present hands-on cooking experiences, including food preparation and safety skills.
- **Murals** – Murals are beautiful reminders to make healthy choices every day.
- **Theatrical Presentations** – Entertaining performances bring to life nutrition messages that last.
- **Parent Education and Family Events** – Educating parents and families supports our work in the schools.
- **Professional Development** – Teachers and administrators learn how to incorporate nutrition education and physical activity in the classroom.
- **Resources for Teachers** – Standards-based nutrition education materials are available to teachers free of charge.



“You opened my eyes regarding nutrition and that’s what I need to work on because my 6-year-old child has high cholesterol and is overweight, and so am I. I decided to change our nutrition, and we are losing weight and I am lowering my cholesterol.”

– Parent who participated in Network Nutrition Education Workshops

Find The Fun In Being Healthy!

The *Network* is committed to promoting healthier lifestyles for our children as we encourage students and community members to find the fun in being healthy – and it’s working!

Recent studies conducted by the UCLA School of Public Health show that the *Network’s* approach has resulted in increased nutrition knowledge, positive shifts in attitudes about healthy eating, and – our ultimate goal – changes in behavior that include eating more fruits and vegetables and being more active every day.

- *Network* students show increased knowledge of food groups, recommended daily servings, and the benefits of fruits and vegetables.
- Teachers’ confidence about serving as role models to their students improves significantly after participating in the *Network’s* nutrition education training.
- After attending the *Network’s* bilingual parent workshops, the number of parents who report regularly eating fruits and vegetables more than doubles. The number of *Network* parents who report having candy and soda in the home is cut in half.

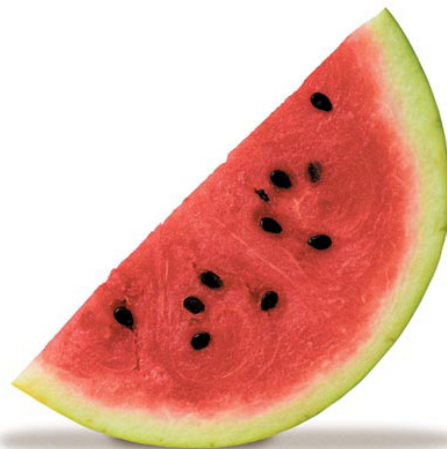


“I was amazed when for our end of the year party for second grade, my students wanted it to be healthy. We had something from each of the food groups and almost everything was fresh.”

– Teacher, Palms Elementary School

“Now, parents participate enthusiastically during community fairs, and they come to the office to ask for flyers, brochures or just ask questions about nutrition for their children.”

– School nurse, Rowan Avenue Elementary School



For More Information:

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Remember: Eat Healthy. Be Active.

