

2023

A RESOURCE GUIDE



SACRAMENTO SCHOOL WELLNESS SUMMIT

SEPTEMBER 2023

HEALTH EDUCATION COUNCIL



Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.CalFreshHealthyLiving.org for healthy tips.
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Thank you

FOR ATTENDING OUR 4TH ANNUAL SACRAMENTO SCHOOL WELLNESS SUMMIT

The Sacramento School Wellness Summit seeks to engage school district staff and stakeholders to advance a culture of health and well-being in K-12 schools through sharing best practices that support wellness for the whole student.

The Health Education Council wants to thank you for attending our virtual summit this year! We have compiled a list of resources from our speakers and sessions to provide easy access for everyone.

This year's theme was *Harmony and Health: Fueling the Future with Wellness*.

Sessions:

- 2023 Trends Shaping the Education Environment
- See-Hear-Do-Engage: A Framework for Schoolwide Physical Activity Promotion and Healthy Culture Building
- Inspiring Kids to Eat their Veggies



Health Education Council

✉ 7617 Alma Vista Way, Suite C
Sacramento, CA 95831

☎ (916) 556-3344

🌐 <https://healtheducouncil.org/>

2023 TRENDS SHAPING THE EDUCATION ENVIRONMENT

Bessie O'Connor, RDN (she/her)

Nutrition Science Project Manager,
Dairy Council of California



email: boconnor@healthyeating.org

Please click on the following to access the materials:

- [Session Recording](#)
- [Powerpoint](#)

Learn about and join the Let's Eat Healthy Initiative:

<https://www.healthyeating.org/our-cause/join-the-initiative>

Read the full 2023 Trends publication:

<https://www.healthyeating.org/nutrition-topics/nutrition-science/nutrition-trends/nutrition-trends-2023>

Access Let's Eat Healthy nutrition resources:

<https://www.healthyeating.org/>

Social media handles:

- Facebook, [@HealthyEatingCA](#)
- Instagram, [@HealthyEatingCA](#)
- Twitter, [@HealthyEating](#)
- LinkedIn, [Dairy Council of California](#)
- YouTube, [@HealthyEating](#)
- Pinterest, [@HealthyEating](#)



Dairy Council of California

✉ 1418 N. Market Blvd., Ste. 500
Sacramento CA 95834

☎ (916) 263-3560

🌐 <https://www.healthyeating.org/>

SEE-HEAR-DO-ENGAGE: A FRAMEWORK FOR SCHOOLWIDE PHYSICAL ACTIVITY PROMOTION AND HEALTHY CULTURE BUILDING

Abby Rose (she/her)

Director of Implementation, Engagement & Evaluation,
CATCH Global Foundation

email: arose@catch.org



Please click on the following to access the materials:

- [Session Recording](#)
- [Powerpoint](#)

CATCH Educators Club: <https://letsgo.catch.org/pages/educators-club>

About CATCH: <https://catch.org/catch-global-foundation>

Reflection for CATCH session: <https://padlet.com/abbrose/reflection-for-catch-session-nr86u2flfezstrjt>

Social media handles:

- Facebook, [@CATCHhealth](#)
- Instagram, [@catch_health](#)
- Twitter, [@CATCHhealth](#)
- YouTube, [@CATCHhealth](#)



CATCH Global Foundation

- ✉ info@catch.org
- ☎ (855) 500-0050
- 🌐 <https://catch.org/>

INSPIRING KIDS TO EAT THEIR VEGGIES



Rebekah Latronica (they/them)

Garden & Cooking Educator,
Food Literacy Center

email: rebekah@foodliteracycenter.org

Please click on the following to access the materials:

- [Session Recording](#)
- [Powerpoint](#)

Volunteer Opportunities: <https://www.foodliteracycenter.org/volunteer>

Recipes with Videos: <https://www.foodliteracycenter.org/videos>

Podcast: Raising Kale: <https://www.foodliteracycenter.org/raising-kale-podcast>

Book: Food Anatomy Activity for Kids:

<https://www.foodliteracycenter.org/book-food-anatomy-activities-kids>

September is Food Literacy Month:

<https://www.foodliteracycenter.org/foodliteracymonth2023>

For Parents:

<https://www.foodliteracycenter.org/food-literacy-month-toolkit>

Social media handles:

- Instagram, [@foodliteracycenter](#)
- Facebook, [@FoodLiteracyCenter](#)
- Twitter, [@foodlitcenter](#)
- Youtube, [@foodliteracycenter1751](#)



Sabrina White (she/her)

Program & Volunteer Coordinator,
Food Literacy Center

email: sabrina@foodliteracycenter.org



Food Literacy Center

✉ PO Box 188706
Sacramento, CA 95818

☎ (916) 476-4766

🌐 <https://www.foodliteracycenter.org/>