

Family Meal Planning

Healthy Eating  
My Way

**Milk & Dairy Facts**

Latest Research

**Nutrition Education Programs**

All-Star  
Foods

Healthy Eating Articles + Tips

**Professional Development**

**Healthy Recipes**

Turnkey Parent Presentations

Workplace Wellness Toolkit

**School  
Wellness**

Nutrition Trends

Printable Tip Sheets

Interactive Nutrition Tools

**HealthyEating.org**

Healthy Eating Made Easier®



HealthyEating.org

Our new website  
brings the best of  
DairyCouncilofCA.org  
and MealsMatter.org  
together.

Free resources for:

- Teachers
- Health Professionals
- Wellness Coordinators
- Parents
- Anyone who wants to make healthy eating a priority!

