SNP Memo #2022-2023-47


**COMMONWEALTH of VIRGINIA
Department of Education**

DATE: February 10, 2023

TO: Directors, Supervisors, and Contact Persons Addressed

FROM: Sandra C. Curwood, PhD, RDN, ***Sandy***

**SUBJECT: National Nutrition Month®, National School Breakfast Week, and Virginia School Breakfast Awardees**

The purpose of this memo is to inform Virginia schools and community sponsors of National Nutrition Month®, National School Breakfast Week, and the winners of the 2023 Virginia Breakfast Club Award. Schools and community sponsors are encouraged to celebrate these events and share those celebrations with the Virginia Department of Education, Office of School Nutrition Programs (VDOE-SNP) via the [Virginia School Nutrition Events form](https://virginiadoe.gov1.qualtrics.com/jfe/form/SV_aaZaYvBzmr78tJc).

National Nutrition Month®

National Nutrition Month® is an annual campaign that was launched in 1973 by the Academy of Nutrition and Dietetics (AND). Each March everyone is invited to learn about making healthy eating and physical activity habits. This year's theme is *Fuel for the Future*, which highlights the importance of eating with sustainability in mind. Find ways to celebrate by visiting the [AND National Nutrition Month website](https://www.eatright.org/national-nutrition-month-2023), which houses a toolkit containing tip sheets, proclamations, presentations, graphics, and much more.

National School Breakfast Week

In addition to National Nutrition Month®, schools and community sponsors are encouraged to celebrate National School Breakfast Week (NSBW) March 6–10, 2023. This year's NSBW theme, *Dig Into School Breakfast*, reminds the entire school community that school breakfast provides a healthy and energizing start to the day for students. Studies show that students who eat school breakfast are more likely to reach higher levels of achievement in reading and math, score higher on standardized tests, have better concentration and memory, and maintain a healthy weight. Promotional materials and resources to celebrate NSBW can be found on the [School Nutrition Association NSBW website](https://schoolnutrition.org/event/2023-national-school-breakfast-week/).

Virginia School Breakfast Club Awards

For the third year in a row during NSBW, the Virginia Breakfast Club will recognize schools for excellence in prioritizing the nutritional quality of school breakfast. Virginia School Breakfast Awards will be given to schools implementing initiatives to promote and encourage a nutritious start to the school day. The awardees have been selected for initiatives such as expanding breakfast access to students, prioritizing the nutritional integrity of foods offered, and serving more scratch-cooked local foods. The winners of the 2023 Virginia School Breakfast Award are:

* Carlin Springs Elementary School, Arlington Public Schools
* Harrisonburg High School, Harrisonburg City Public Schools
* John Champe High School, Loudoun County Public Schools

These award winners will receive promotional materials to celebrate NSBW and be honored with a celebratory visit from the VDOE-SNP. The award winners will also be featured on the [VDOE-SNP Breakfast Club website](https://www.doe.virginia.gov/programs-services/school-operations-support-services/school-nutrition/breakfast-club) where more information about the Virginia Breakfast Club is also available.

For more information

For more information, please contact your assigned School Nutrition Programs regional specialist or the SNP policy mailbox via email at SNPpolicy@doe.virginia.gov.

SCC/KS/cc