This November help students see how to make favorite foods healthier. Start with National Nachos Day (11/6) or National Pizza with the Works Except Anchovies Day (11/12) by adding lean proteins, veggies, and fruits to a basic nacho or cheese pizza recipe. Our nutrition education resources can help students learn about the nutrition in cheese, plus how to identify and prepare nutrient rich foods.

### FOOD FOR THOUGHT

- **6 Ways Cheese Can Help Your Body**
- **Protein for Young Adults**
- **Protein: Understanding the Basics**

### ENGAGING STUDENTS

**Curriculum**
- **Healthy Food, Healthy Mind, Healthy Body**

**Handouts & Posters**
- **Power up with Protein**
- **Food Models**
- **Quick and Easy Pizza**

**Social Media**
- **National Nachos Day:**
  - **Sample Post:** Today is nacho average day, it's #NationalNachosDay! This customizable, cheesy dish can be made into a balanced meal or snack with the addition of lean protein and veggies. What is your favorite topping to put on nachos? Let us know in the comments!
- **National Pizza with the Works Except Anchovies Day:**
  - **Sample Post:** Today is #PizzaWithTheWorksExceptAnchoviesDay! Some people are passionate about keeping anchovies off pizza. For others, it's pineapple. What is your least favorite pizza topping? Cast your vote in the comments, then learn how to make and customize your own pizza with this video and recipe guide: [https://bit.ly/3hQYwXE](https://bit.ly/3hQYwXE)

### PROMOTIONAL IDEAS

- **Dairy Farm to School**
- **Dairy Farmer Profiles by State**

### VIDEOS

- **Quick and Easy Pizza**

### RECIPES

- **Fiesta Parfait**
- **Quick & Easy Pizza**

### FUN STUFF

- **Free! I heart Cheese Stickers**
- **Discover Dairy Activity Book**
- **Resource Library/ Online Catalog**