

# NC Child Hunger Leaders Conference

12th Annual Day of Celebration and Inspiration • Wednesday, February 22, 2023

Chapel Hill, NC • Welcome Back! • Find us at [CarolinaHungerInitiative.org](https://CarolinaHungerInitiative.org)



# GAME ON!

Winning the Child Hunger Challenge



# NC Child Hunger Leaders Conference

**12th Annual Day of Celebration and Inspiration • Wednesday, February 22, 2023**

**Chapel Hill, NC • Welcome Back! • Find us at [CarolinaHungerInitiative.org](https://CarolinaHungerInitiative.org)**





# AT YOUR TABLE – Make sure you grab one of each:



→ BINGO – Start now! Play all day!



→ AGENDA – Find even more info at [CarolinaHungerInitiative.org](https://CarolinaHungerInitiative.org)

55 Words ~ led by 2023 Piedmont Laureate Dasan Ahanu

Your title: \_\_\_\_\_

10	_____
9	_____
8	_____
7	_____
6	_____
5	_____
4	_____
3	_____
2	_____
1	_____

→ 55 WORDS – For our poetry workshop coming later today



# Steven Roten

*Professor of Theatre*

**Meredith College**





# JEDPARODY

**GAME ON!** *presents* **JEDPARODY**





# **CREATIVE PERFORMANCES**



# **SCHOOL NUTRITION**



**YOUR STORY,  
YOUR VOICE**



# **NC FOOD SYSTEMS**



**BUILDING OUR  
FUTURE**



# **OUT-OF-SCHOOL TIME NUTRITION**



# **NUTRITION EDUCATION**



# **YOUTH ENGAGEMENT**



CREATIVE PERFORMANCES	SCHOOL NUTRITION	YOUR STORY, YOUR VOICE	NC FOOD SYSTEMS	BUILDING OUR FUTURE	OUT-OF-SCHOOL NUTRITION	NUTRITION EDUCATION	YOUTH ENGAGEMENT
\$100	\$100	\$100	\$100	\$100	\$100	\$100	\$100
\$200	\$200	\$200	\$200	\$200	\$200	\$200	\$200
\$300	\$300	\$300	\$300	\$300	\$300	\$300	\$300
\$400	\$400	\$400	\$400	\$400	\$400	\$400	\$400
\$500	\$500	\$500	\$500	\$500	\$500	\$500	\$500

**GAME ON!** *presents* **JEDPARODY**



# **CREATIVE PERFORMANCES**





**THIS ACCOMPLISHED CELLIST  
LEADS A DURHAM MUSICAL  
NONPROFIT FOR SOCIAL  
CHANGE**



**WHO IS  
SHANA TUCKER,  
EXECUTIVE DIRECTOR OF  
KIDZNOTES?**



# Shana Tucker

*Executive Director*

**Kidznotes**





# Shana Tucker

*Executive Director*

**Kidznotes**





CREATIVE PERFORMANCES	SCHOOL NUTRITION	YOUR STORY, YOUR VOICE	NC FOOD SYSTEMS	BUILDING OUR FUTURE	OUT-OF-SCHOOL NUTRITION	NUTRITION EDUCATION	YOUTH ENGAGEMENT
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**GAME ON!** *presents* **JEDPARODY**



**OUR CONFERENCE HOST,  
WHO IS CELEBRATING THE  
12th YEAR FOR THIS  
ANNUAL CONFERENCE**





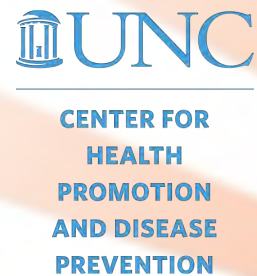
**WHO IS  
LOU ANNE CRUMPLER,  
DIRECTOR OF THE  
CAROLINA HUNGER  
INITIATIVE?**



# Lou Anne Crumpler

*Director*

## Carolina Hunger Initiative







**CENTER FOR HEALTH PROMOTION  
AND DISEASE PREVENTION**



*UNC Center for Health Promotion and Disease Prevention*







## OUR RECENT WORK

- More than 60 lessons and 320 participants for **Cooking Matters nutrition education** in 2022.
- More than **\$2 million in grants** distributed since schools closed because of the pandemic in March 2020.
- Partnering with the NC Department of Public Instruction and rural school districts to promote the **Summer Nutrition Programs**.
- Joining the leadership team of the new **School Meals for All NC coalition**.





# Thank You to Our Conference Sponsors





**A LEADER OF THE PARENT  
ORGANIZATION FOR NO  
KID HUNGRY WITH NC  
ROOTS**





**WHO IS  
CHUCK SCOFIELD  
OF SHARE OUR STRENGTH?**



# Chuck Scofield

*Executive Vice President*

**No Kid Hungry/Share Our Strength**





# Chuck Scofield

*Executive Vice President*

**No Kid Hungry / Share Our Strength**





# Thank You to Our Carolina Hunger Initiative Partners



**CENTER FOR  
HEALTH  
PROMOTION  
AND DISEASE  
PREVENTION**



**North Carolina Department of  
PUBLIC INSTRUCTION**



**NC DEPARTMENT OF  
HEALTH AND  
HUMAN SERVICES**



**NC SNAP-ED**



**GILLINGS SCHOOL  
OF GLOBAL  
PUBLIC HEALTH**





## ***KEEP IN MIND***

- Photo opportunities are available all day long in the front corner.
- We others to join throughout the day – please help others find empty seats as they arrive.
- Networking breaks are scheduled throughout the day. During speakers, please take side conversations to the atrium.
- Use the hashtag **#NCChildHungerLeaders** to share pictures and inspirations on social media.
- Every game show involves money! You have chocolate coins on your table for you to enjoy throughout the day.



*Stay until the end of the day for a chance to win incredible prizes!*

*Entry slips available later today.*





# GAME ON!

Winning the Child Hunger Challenge



# GAME ON!





**THIS POET AND  
PROFESSOR WAS  
RECENTLY NAMED 2023  
PIEDMONT LAUREATE**





**WHO IS  
DASAN AHANU?**



# Dasan Ahanu

*2023 Piedmont Laureate*

*Program Director for Creative Futures, Carolina Performing Arts*

*Visiting Professor, UNC-Chapel Hill*

PIEDMONT  
LAUREATE





What is the moment, person, or reason that motivated you to get involved in this work?

**WHY did it inspire you to take on the Child Hunger Challenge?**

CREATIVE PERFORMANCES	SCHOOL NUTRITION	YOUR STORY, YOUR VOICE	NC FOOD SYSTEMS	BUILDING OUR FUTURE	OUT-OF-SCHOOL NUTRITION	NUTRITION EDUCATION	YOUTH ENGAGEMENT
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**GAME ON!** *presents* **JEDPARODY**



# **SCHOOL NUTRITION**



**THE ELECTED LEADER OF  
PUBLIC SCHOOLS IN  
NORTH CAROLINA**





**WHO IS  
SUPERINTENDENT  
CATHERINE TRUITT?**



# Catherine Truitt

*Superintendent*

**NC Department of Public Instruction (NC DPI)**



North Carolina Department of  
**PUBLIC INSTRUCTION**



**THIS FORMER  
NEWSCASTER NOW LEADS  
NORTH CAROLINA'S  
OFFICE OF SCHOOL  
NUTRITION**





**WHO IS  
LYNN HARVEY WITH THE  
NC DEPARTMENT OF PUBLIC  
INSTRUCTION (NCDPI)?**



# Lynn Harvey

*Senior Director, Office of School Nutrition*

**NC Department of Public Instruction (NC DPI)**



North Carolina Department of  
**PUBLIC INSTRUCTION**



**THIS SCHOOL NUTRITION  
DIRECTOR WON THE LOCAL  
COOKING COMPETITION  
"WHACKED" TWO YEARS IN  
A ROW**





**WHO IS  
ROBERT ROLFE  
OF HENDERSON COUNTY  
SCHOOLS, THE 2022 SNA  
NATIONAL DIRECTOR OF  
THE YEAR?**



# Robert Rolfe

*School Nutrition Association's*  
**2022 National Director of the Year**

*School Nutrition Director*  
**Henderson County Schools**

















CREATIVE PERFORMANCES	SCHOOL NUTRITION	YOUR STORY, YOUR VOICE	NC FOOD SYSTEMS	BUILDING OUR FUTURE	OUT-OF-SCHOOL NUTRITION	NUTRITION EDUCATION	YOUTH ENGAGEMENT
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**GAME ON!** presents **JEDPARODY**





**DAILY  
DOUBLE**



**TWO SPECIAL GUESTS WHO  
NOW HAVE A COMBINED 16  
YEARS OF APPEARANCES  
AT THE NC CHILD HUNGER  
LEADERS CONFERENCE**



**WHO ARE  
FIRST LADY OF NORTH  
CAROLINA  
KRISTIN COOPER AND  
WRAL NEWS ANCHOR  
GERALD OWENS?**



# Gerald Owens

*News Anchor, WRAL*



# Kristin Cooper

*First Lady of North Carolina*





**GAME ON!** presents

**Let's Make  
A Meal!**

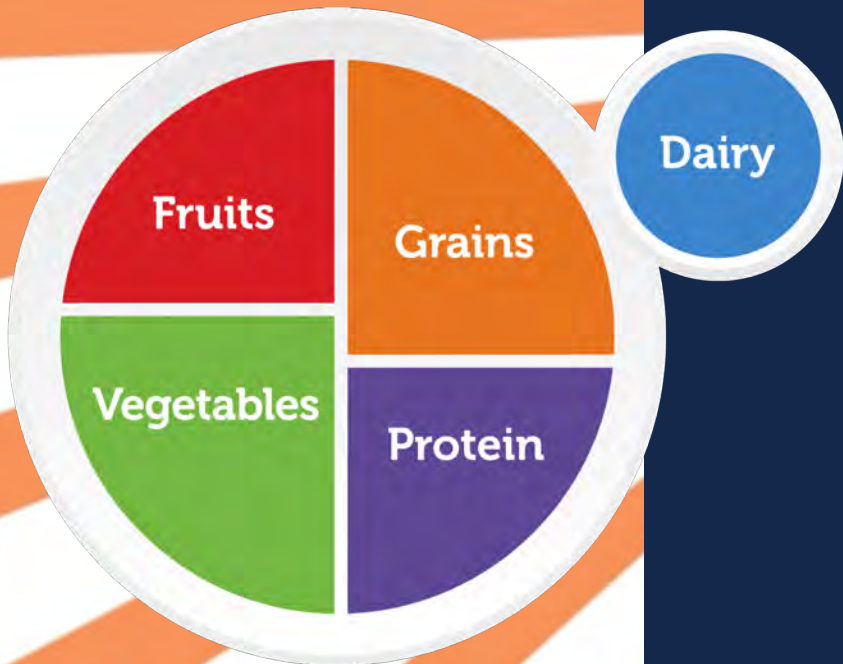




**Let's Make  
A Meal!**

# THE RULES

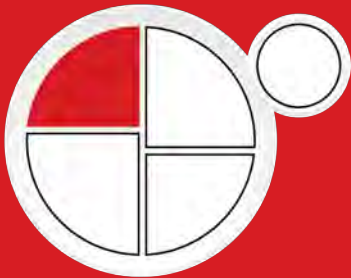
- A game of trivia!
- Each table is a team.
- 5 rounds with 4 questions = 20 questions total
- The five MyPlate food groups and colors correspond with each round.
- Answer 3 or more questions correctly in a round, and you get to put a check in that space on the MyPlate.
- Fill your MyPlate to win!





# Let's Make A Meal!

ROUND 1



FRUITS

**1.**  
**What are some benefits of kids eating healthy school meals?**

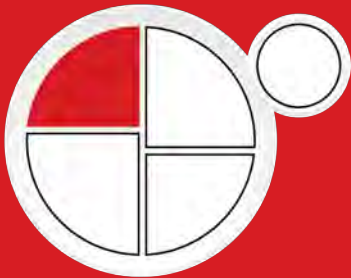
- A. Better concentration**
- B. Increased school attendance**
- C. Improved academic performance**
- D. All of the above**





**Let's Make  
A Meal!**

**ROUND 1**



**FRUITS**

**2.**

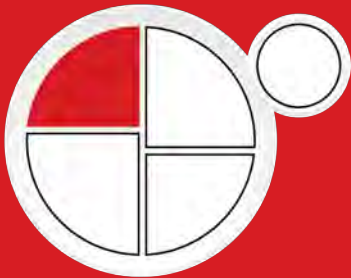
**What is the official fruit of  
North Carolina?**





**Let's Make  
A Meal!**

**ROUND 1**



**FRUITS**

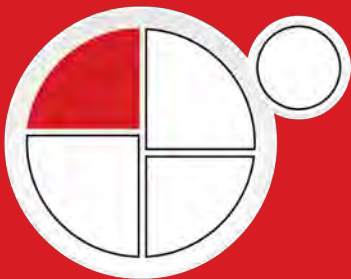
**3.**

**What was the primary reason that 40% of recruits were rejected for military service during World War Two?**



Let's Make  
A Meal!

ROUND 1



FRUITS

4. What is in this picture?





**Let's Make  
A Meal!**

**ROUND 1**



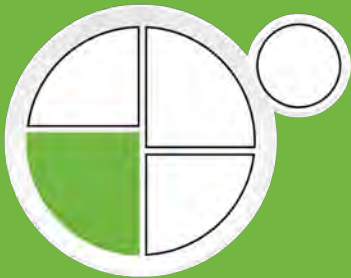
**FRUITS**

# Round 1 Answers

- 1. D. All of the above**
- 2. Scuppernong Grape**
- 3. Malnutrition**
- 4. Apple**

# Let's Make A Meal!

ROUND 2



VEGETABLES

**5.**  
Name one state that currently serves school breakfast and lunch to *all* students at no cost to families.

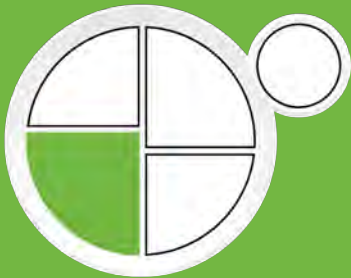
In other words, name a state that currently has universal school meals.





**Let's Make  
A Meal!**

**ROUND 2**



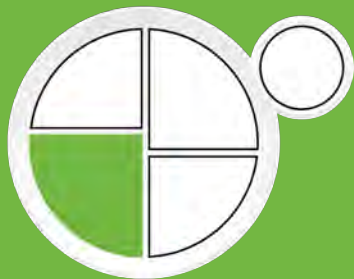
**VEGETABLES**

**6.  
What is the official vegetable of  
North Carolina?**



**Let's Make  
A Meal!**

ROUND 2



VEGETABLES

**7.**

**True or False?**

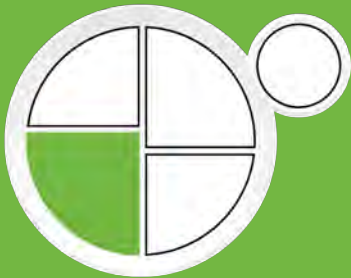
**Ketchup and pickle relish may  
be credited toward the USDA  
vegetable meal component.**





**Let's Make  
A Meal!**

ROUND 2



VEGETABLES

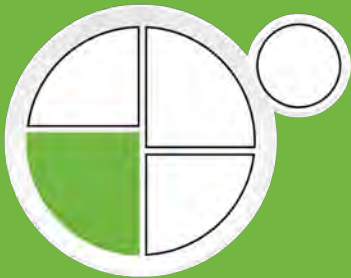
8.

Can you identify what classic TV Game Show this theme song comes from?



**Let's Make  
A Meal!**

ROUND 2



VEGETABLES

# Round 2 Answers

California, Colorado, Maine,  
Massachusetts, Nevada  
or Vermont

5.

6.

**The Sweet Potato**

7.

**False**

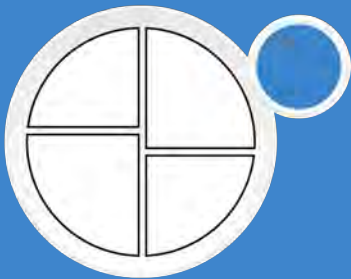
8.

**Jeopardy!**



**Let's Make  
A Meal!**

ROUND 3



DAIRY

9.

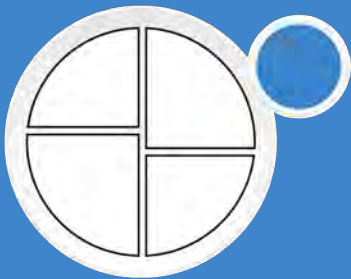
**True or False?**

**This school year, North Carolina students who are approved for reduced-price school meals are receiving those meals for free.**



**Let's Make  
A Meal!**

**ROUND 3**



**DAIRY**

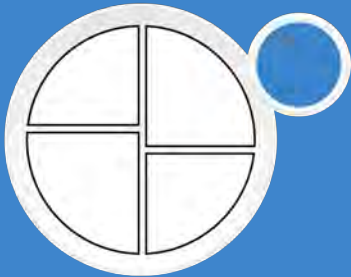
**10.  
What is the state beverage of  
North Carolina?**





**Let's Make  
A Meal!**

ROUND 3



DAIRY

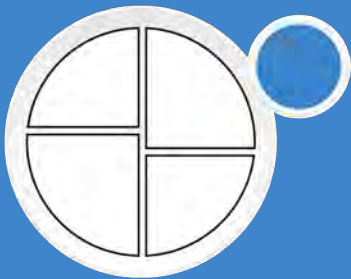
**11.**  
**How many meals did the Food Bank of Central and Eastern NC serve to families and individuals last year?**

- A. 900,000**
- B. 4 million**
- C. 9 million**
- D. 81 million**



**Let's Make  
A Meal!**

ROUND 3



DAIRY

**12.**

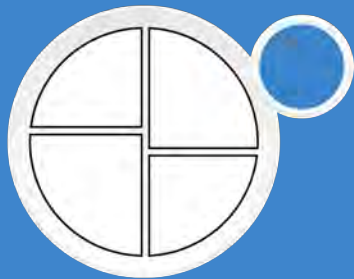
**Can you identify what classic  
TV Game Show this theme song  
comes from?**





**Let's Make  
A Meal!**

ROUND 3



DAIRY

# Round 3 Answers

9. **True**

---

10. **Milk**

---

11. **D. More than 81 million**

---

12. **The Price is Right**

---

**Let's Make  
A Meal!**

**ROUND 4**



**GRAINS**

**13.**

**Which of these is NOT an innovative way of serving school breakfast, AKA a Breakfast After the Bell model?**

- A. Breakfast in the Classroom**
- B. Grab and Go Breakfast**
- C. Texas Hold 'Em Breakfast**
- D. Second Chance Breakfast**





# Let's Make A Meal!

ROUND 4



GRAINS

14.

What hot sauce was created in North Carolina in 1929 and named after the founder's son?



**Let's Make  
A Meal!**

ROUND 4



GRAINS

**15.**

**Which state had the nation's greatest increase in WIC participation between February 2020 and February 2022?**

*(WIC = Special Supplemental Nutrition Program for Women, Infants, and Children)*





**Let's Make  
A Meal!**

**ROUND 4**



**GRAINS**

**16.**

**Can you identify what classic  
TV Game Show this theme song  
comes from?**



**Let's Make  
A Meal!**

**ROUND 4**



**GRAINS**

# Round 4 Answers

**13. C. Texas Hold 'Em Breakfast**

---

**14. Texas Pete**

---

**15. North Carolina**

---

**16. Who Wants to Be A Millionaire?**

---



**Let's Make  
A Meal!**

ROUND 5



PROTEINS

**17.**  
**How many Summer Nutrition Program sites serving free meals for kids did North Carolina have in summer 2022?**

- A. 207 sites**
- B. 3,425 sites**
- C. 4,010 sites**
- D. 24,500 sites**



**Let's Make  
A Meal!**

ROUND 5



PROTEINS

**18.**  
**By growing more than 440 million pounds of it per year, North Carolina ranks number 5 in U.S. production of what food crop?**





**Let's Make  
A Meal!**



**19.**  
According to a CDC study released in November, what percentage of U.S. adults have heard of the MyPlate nutrition guide?

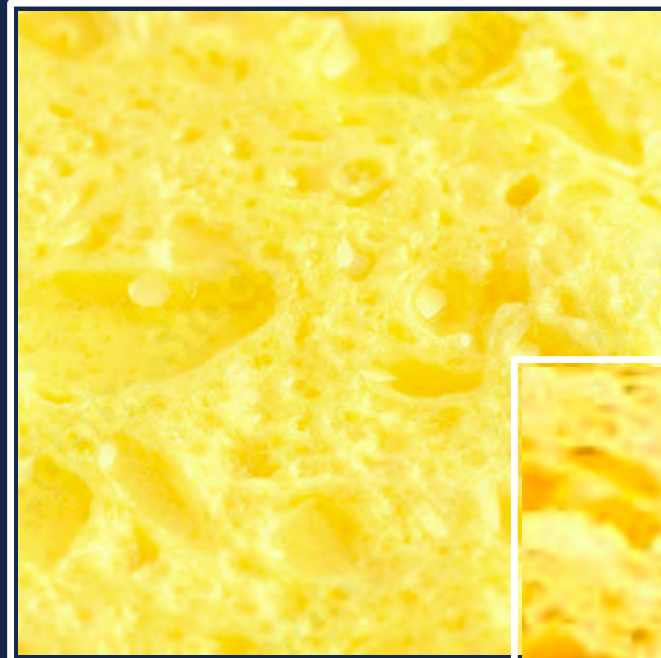
- A. 10%
- B. 25%
- C. 42%
- D. 60%



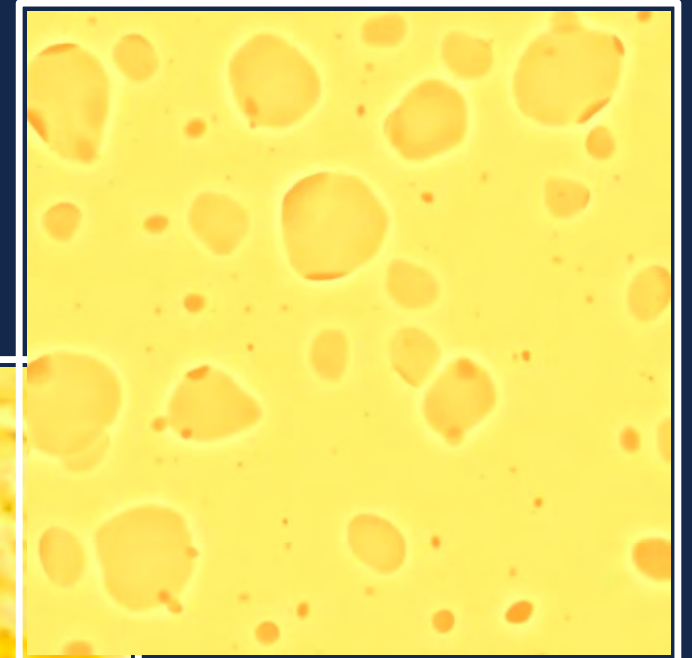
Let's Make  
A Meal!

20. Which is a picture of eggs?

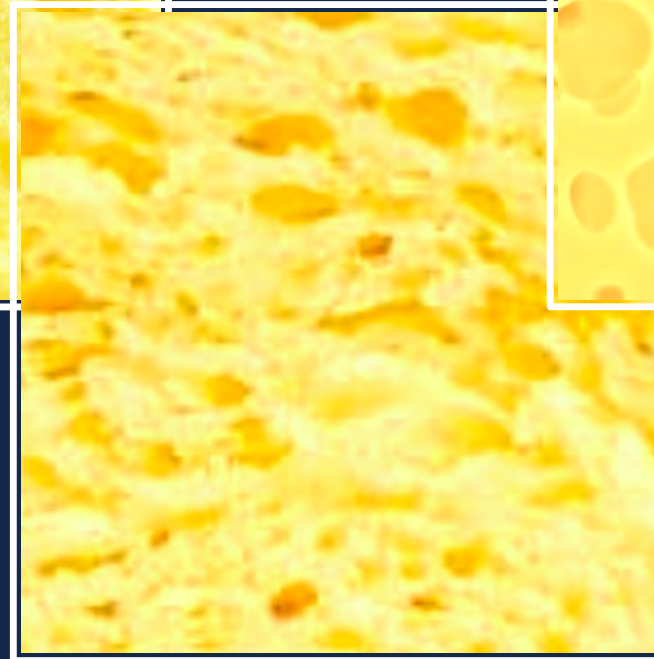
A.



C.



B.



ROUND 5



PROTEINS





**Let's Make  
A Meal!**

# Round 5 Answers

17. **B. 3,425 sites**

---

18. **Peanuts**

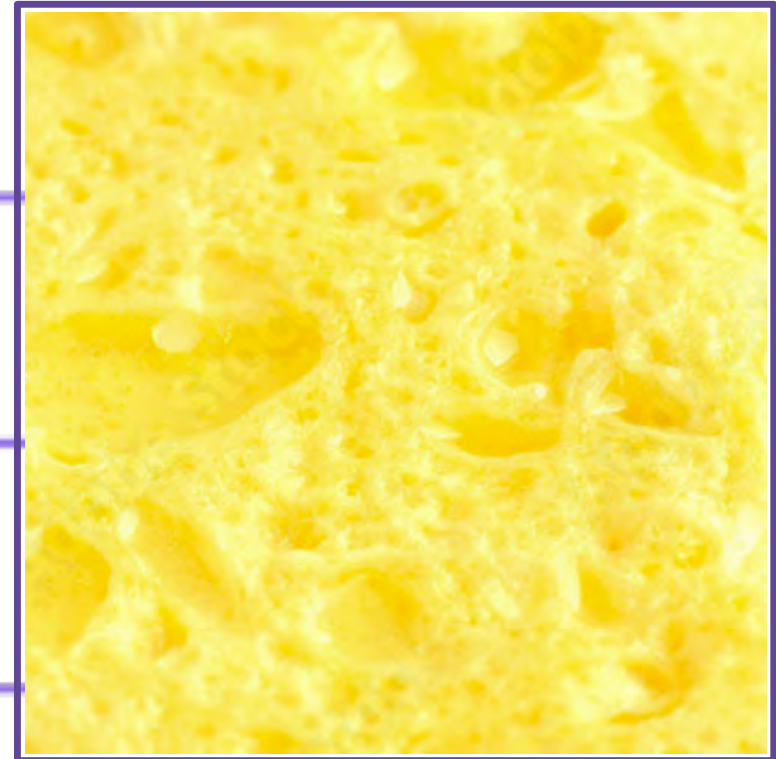
---

19. **B. 25%**

---

20. **Picture A.**

---



ROUND 5



PROTEINS

**GAME ON!** presents

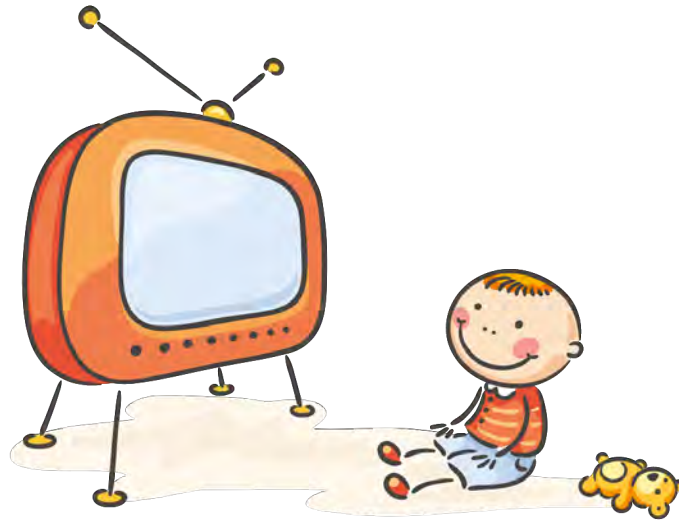
**Let's Make  
A Meal!**





# COMMERCIAL BREAK

## We'll be right back



Don't forget to work on your BINGO card!

Learned something new? Feeling inspired?

Share it on social media with #NCChildHungerLeaders

# Don't forget to work on your BINGO card!

Learned something new? Feeling inspired?

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COMMERCIAL BREAK





# Dasan Ahanu

*2023 Piedmont Laureate*

*Program Director for Creative Futures, Carolina Performing Arts*

*Visiting Professor, UNC-Chapel Hill*

PIEDMONT  
LAUREATE



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**THIS NC CENTRAL  
UNIVERSITY GRADUATE AND  
COLLEGIATE SWIMMER IS A  
TWIN WHO WAS BORN ON  
NATIONAL SIBLING DAY**





**WHO IS  
KAYLA HOLLAND,  
FOOD & NUTRITION  
COORDINATOR FOR THE  
CENTER FOR BLACK HEALTH  
& EQUITY?**



# Kayla Holland

*Food & Nutrition Program Coordinator*

**The Center for Black Health & Equity**





# Building Healthy Communities

## Introduction to The Center for Black Health & Equity

Presented by Kayla Holland, Food & Nutrition Program Coordinator







# THE CENTER FOR BLACK HEALTH & EQUITY

- The Center was originally founded as the National African American Tobacco Prevention Network in June 2000.
- Since the beginning, we have been working to reverse the burden of preventable smoking-related disease and deaths in African American communities.
- Over the years, the Center's work has expanded to address other core influencers on African American health.



22

Years of Service

42M

African Americans  
Championed



## Focus Areas

---

- Tobacco
- Cancer
- HIV
- **Food Insecurity**
- COVID-19
- Equity-Centered Policies
- Women's Health
- Mental Health







# The Center's Food & Nutrition Program

Food Access and Food Insecurity

Healthy Food Initiative & Healthy Retail Project

Cleveland, Atlanta, and New Orleans



## SODIUM WARNING

School Meals for All NC

North Carolina



**School Meals  
FOR ALL NC**



**We believe that no child should go hungry and that every child in every public school in North Carolina should have access to breakfast and lunch at school at no cost to their families.**





# Coalition Leadership Team

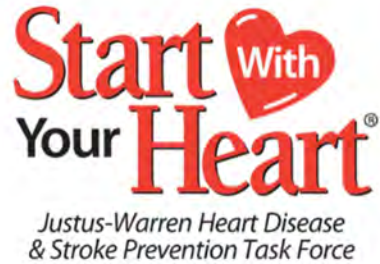


## Coalition Partners





## Coalition Partners



## Coalition Partners



**& growing!**





Mt. Carmel Helps Inc.  
Old North State Medical Foundation  
Community Health Coalition





# School Meals FOR ALL NC

**No-cost school meals are an investment in **academic performance**.**

Kids who eat healthy school meals do better in school.

**School meals are **healthy**.**

School meals meet strict nutritional guidelines.

**School meals are an investment in our **economy**.**

School meals for all will support local farmers and producers.





# Follow Us on Social Media!

The Center for  
Black Health &  
Equity



Facebook



Twitter

[@CenterforBH](#)



Instagram

[@centerforblackhealth](#)



YouTube

The Center for  
Black Health &  
Equity

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\$500	\$500	\$500	\$500	\$500	\$500	\$500	\$500

**GAME ON!** presents **JEDPARODY**



**THIS ORGANIZATION WAS  
ORIGINALLY FORMED IN  
2002, AND HAS ADVOCATED  
TO REDUCE TOBACCO USE  
AND INCREASE ACCESS TO  
HEALTHY FOOD**





**WHAT IS THE  
NORTH CAROLINA  
ALLIANCE FOR HEALTH?**



# NC Alliance for Health

**Morgan Wittman Gramann**, *Executive Director*

**Marianne Hendrick Weant**, *Programs Manager*

**Katie Herndon Dawkins**, *Communications Manager*

**Alecia Sanders**, *Partner Engagement Coordinator*



**NORTH CAROLINA  
ALLIANCE FOR HEALTH**



**School Meals  
FOR ALL NC**



# NORTH CAROLINA ALLIANCE FOR HEALTH

Convene, mobilize, support, and empower partners to advance equitable policies that reduce health disparities, prevent chronic disease, and promote health.





**Kids who eat  
school meals do  
better in and  
out of school**

**School meals  
benefit us all**

**No-cost school  
meals help  
support local  
farmers and  
producers**

**We can build strong, resilient communities by making  
no-cost school meals available to all students.**





# SCHOOL MEALS ARE **BERRY** IMPORTANT!

## Join Us

# Day of Action & Appreciation

## Thursday, March 9, 2023

All day, from wherever you are!

Register here to  
participate in  
activities:



**School Meals  
FOR ALL NC**

To ensure that every child in every public school in North Carolina has access to breakfast and lunch at school at no cost to their families.

[WWW.SCHOOLMEALSFORALLNC.ORG](http://WWW.SCHOOLMEALSFORALLNC.ORG)



# How can you get involved?



Join our email list.



Sign the letter of support.



Join our coalition meetings.



Participate in Day of Action  
and Appreciation



Find My Legislator



# Talking Points

- **No child should go hungry.**
- **School meals should be available at no cost to all students in public schools.**
- **No child should experience shame or stigma due to an inability to pay for school meals.**
- **School meals help children succeed both in and out of school and build strong, resilient communities.**
- **We believe that no child should go hungry and that every child in every public school in North Carolina should have access to breakfast and lunch at school at no cost to their families.**

CREATIVE PERFORMANCES	SCHOOL NUTRITION	YOUR STORY, YOUR VOICE	NC FOOD SYSTEMS	BUILDING OUR FUTURE	OUT-OF-SCHOOL NUTRITION	NUTRITION EDUCATION	YOUTH ENGAGEMENT
		\$100	\$100	\$100	\$100	\$100	\$100
		\$200	\$200	\$200	\$200	\$200	\$200
\$300		\$300	\$300	\$300	\$300	\$300	\$300
\$400		\$400	\$400	\$400	\$400	\$400	\$400
\$500	\$500	\$500	\$500	\$500	\$500	\$500	\$500

**GAME ON!** presents **JEDPARODY**



**YOUR STORY,  
YOUR VOICE**



**A GROUP OF NC  
EDUCATORS THAT  
INCLUDES 1 REGIONAL  
PRINCIPAL OF THE YEAR, 2  
REGIONAL TEACHERS OF  
THE YEAR, AND THE 3-TIME  
DEFENDING CHAMPION OF  
"DANCING WITH THE  
FACULTY" AT GUILFORD  
HIGH SCHOOL**





**WHO ARE  
ANTONIO COVINGTON,  
RYAN MITCHELL,  
ELIZABETH SANTAMOUR,  
AND LEAH CARPER**



# Ryan Mitchell

*NC Western Region Teacher of the Year*

**Mills River Elementary**

**Henderson County Public Schools**



**HENDERSON COUNTY  
PUBLIC SCHOOLS**



# Leah Carper

*NC Teacher of the Year*

**Northern Guilford High  
Guilford County Schools**



# Elizabeth Santamour

*NC Sandhills Region Teacher of the Year*

**East Hoke Middle School  
Hoke County Schools**





# Antonio Covington

*NC Sandhills Region Principal of the Year*

**East Hoke Middle School  
Hoke County Schools**



CREATIVE PERFORMANCES	SCHOOL NUTRITION	YOUR STORY, YOUR VOICE	NC FOOD SYSTEMS	BUILDING OUR FUTURE	OUT-OF-SCHOOL NUTRITION	NUTRITION EDUCATION	YOUTH ENGAGEMENT
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\$400			\$400	\$400	\$400	\$400	\$400
\$500	\$500	\$500	\$500	\$500	\$500	\$500	\$500

**GAME ON!** *presents* **JEDPARODY**



**A RISING NC COUNTRY STAR  
WHO IS THE FIRST-EVER MUSIC  
AMBASSADOR FOR THE NC  
DEPARTMENT OF AGRICULTURE**





**WHO IS  
PAIGE KING JOHNSON?**



# Paige King Johnson

*Musical Ambassador*

**NC Department of Agriculture  
"Got to Be NC" Campaign**



CREATIVE PERFORMANCES	SCHOOL NUTRITION	YOUR STORY, YOUR VOICE	NC FOOD SYSTEMS	BUILDING OUR FUTURE	OUT-OF-SCHOOL NUTRITION	NUTRITION EDUCATION	YOUTH ENGAGEMENT
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\$400			\$400	\$400	\$400	\$400	\$400
\$500	\$500	\$500	\$500	\$500	\$500	\$500	\$500

**GAME ON!** presents **JEDPARODY**



# **NC FOOD SYSTEMS**



**SHE IS A CONSULTANT  
WITH COMMUNITY FOOD  
STRATEGIES AND THE  
FOUNDER OF KINDRED  
SEEDLINGS FARM IN  
ALAMANANCE COUNTY**





**WHO IS  
LaSHAUNA AUSTRIA?**



# LaShauna Austria

*Consultant, **Community Food Strategies***

*Founder, **Kindred Seedlings Farm***



COMMUNITY FOOD  
STRATEGIES



# 12 Community Insights for a North Carolina that “Does Food Differently”

NC Food Action Plan Project



# Project team

**LaShauna Austria** – Community Food Strategies, Kindred Seedlings Farm,  
& Seeds of Change Consulting

**Yasmeen Lee** – Project Coordinator

**Beth Katz** – Food Insight Group (FIG)

**Abbey Piner** – Community Food Strategies, CEFS

**Shelli Grogg** – FountainWorks, our former coordinator

Until recently, **Shorlette Ammons** – Farm Aid (previously: CORE, CEFS)

**Gini Knight** – Community Food Strategies, CEFS






# Project Kick-Off November 2019



Over 100  
Advisory  
Committee  
Members

How do we "do  
food  
differently?"





**“ ...i have hindsight, insight, and foresight,” which all come with aging. with hindsight, insight and foresight, we are likely to be better equipped to navigate currents of change in our lives and in our organizations”**

**-HUILAN KRENN, WKKF1**



# METHODOLOGY

## **To guide these conversations, our team used the following questions:**

1. From your perspective, what shifts/innovations/creative/beautiful responses recently [due to the COVID-19 pandemic] have made you feel like “the food system we want is possible?”
2. Given all that has been happening/made clear/  
highlighted, what has made you say “wow” about the responses and innovations in our food system since COVID?
3. What should we do more of in order to do food differently?



**01.** Space to consider and process emotion is critical in moving forward.

**02.** An intersectional approach to food is foundational.

**03.** Mismatches of available resources in the current system increase existing disparities.

**04.** Power and gatekeeping tactics that impede access to opportunity for communities of color need to be acknowledged and addressed.

**05.** Capitalism needs to be taken out of the food system.

**06.** There is a need for a stronger and shared analysis on charity vs. justice as it relates to food systems change.

**07.** Small farms are a desired solution, and struggle with viability.

**08.** Youth voices drive the future, and need to be consulted.

**09.** Community generated solutions hold the keys to progress.

**10.** Both big “P” and little “p” policy changes are necessary.

**11.** Identify and focus on what drives innovation, outside of a crisis.

**12.** Leverage the current momentum to create a new food system.

## 12 COMMUNITY INSIGHTS FOR A NORTH CAROLINA THAT “DOES FOOD DIFFERENTLY”





# INSIGHT 01

**SPACE TO CONSIDER AND PROCESS EMOTION IS CRITICAL IN MOVING FORWARD.**

isolation pride  
fear tension  
passion pain stress energy  
excitement  
frustration  
love sadness hope

## **Calls to Action:**

- For change to happen, we need to seek out and encourage emotional intelligence training and understanding.
- All leadership can benefit from more emotional awareness. This includes community leaders, organizational leadership, and institutional leadership.
- “Doing food differently” is both head and heart work.
- Deepening food-related organizations’ and leaders’ ability to work from a place of emotional awareness/justice/intelligence allows us to value our experience. The emotions that are invoked during this process can be used as important guides in what to do and how to do it.



# INSIGHT 08

**YOUTH VOICES DRIVE THE FUTURE AND NEED TO BE CONSULTED.**

## **Calls to Action:**

- Support youth involvement in all aspects of the food system.
- Food should be incorporated into the education systems to promote interest in agriculture careers early on.
- Intergenerational collaboration is necessary for youth to be fully supported within the system.
- Although there are generational differences between elders and youth, the hindsight and foresight perspectives of both identities are necessary to craft the future of the food system.
- Identity conversation participants emphasized the need for youth to receive agricultural education from grade school through early adulthood.



# INSIGHT 09

## COMMUNITY GENERATED SOLUTIONS HOLD THE KEYS TO PROGRESS.

### **Calls to Action:**

- Institutions and local governments should be funding community-generated solutions.
- We need to develop mechanisms to hold funders more accountable for how they spend their money and for which programs or solutions they are supporting.
- Projects/organizations should be funded in a way that reflects the interests of those most impacted by the system.





Contact Yasmeeen Lee, NC Food Action Plan Coordinator with questions at [yasmeeen98@gmail.com](mailto:yasmeeen98@gmail.com)





**THIS IS THE  
SUPERINTENDENT OF  
HALIFAX COUNTY  
SCHOOLS**





**WHO IS  
ERIC CUNNINGHAM?**



# Eric Cunningham

*Superintendent*

**Halifax County Schools**







# Halifax County Schools Greenleaf Farm

Dr. Eric Cunningham  
*Superintendent*



# HCS Greenleaf Farm

## Mission

**Greenleaf Farm will work with our schools to:**

- **Enrich the connection communities have with fresh, healthy food and local foods producers**
- **Our goal is to not only nourish our children's' bodies, but also their minds**
- **Provide affordable fresh produce to families as we support local economies.**



**HALIFAX COUNTY SCHOOLS**

# How did it start?

**4 Acre Farm (Enfield Middle)**

**Formed Partnerships To Expand Learning Opportunities**

- **Farm To School Coalition of NC**
- **John Deere**





# Where are we now?

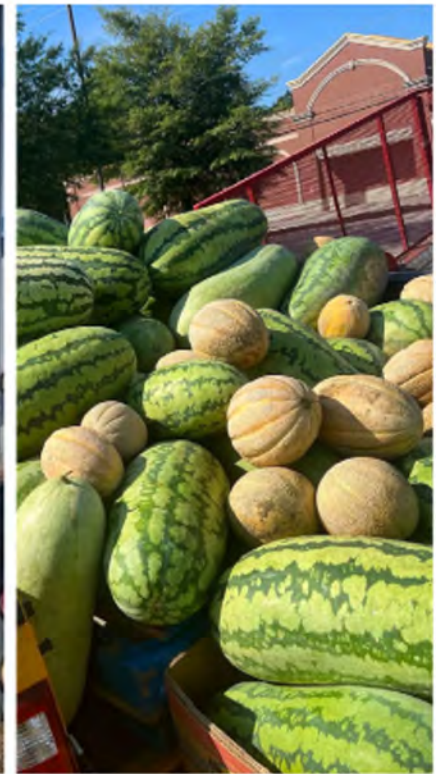
9+ Acre Farm

Expanded Program

Addressing Food Insecurities

From Labor To The Table

Hands-On Lab For The Growth Cycle







# Benefits

**Work-Based Learning**

**Supports Local Economy**

**Increase Food Access & Nutrition Security**

**Family & Community Engagement**





# Major Accomplishments

## Career & Technical Education (CTE)

- **Agriculture & Horticulture Science**

**Earn While You Learn**

**Good Agricultural Practice (GAP) Certified**

**2019 Inaugural Farm To School NC Award  
Recipient**

**More Than 105 Students Working Over A 5-Year  
Period**



**Latoria Jones**  
Student participant







# Thanks!

Do you have any questions?  
[cunninghame@halifax.k12.nc.us](mailto:cunninghame@halifax.k12.nc.us)  
(252)-583-5111  
Halifax County Schools



**THIS NEW MEMBER OF THE  
DURHAM PUBLIC SCHOOLS  
NUTRITION TEAM HAS A  
UNIQUE ROLE**





**WHO IS  
LINDEN THAYER,  
ASSISTANT DIRECTOR  
OF FOOD SYSTEMS  
PLANNING?**



# Linden Thayer

*Assistant Director, Food Systems Planning*

**Durham Public Schools**



**DURHAM**  
PUBLIC SCHOOLS



---

# School Food Systems Planning

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**DURHAM**  
PUBLIC SCHOOLS

**February 2023 - Dr. Linden Thayer**

















CREATIVE PERFORMANCES	SCHOOL NUTRITION	YOUR STORY, YOUR VOICE	NC FOOD SYSTEMS	BUILDING OUR FUTURE	OUT-OF-SCHOOL NUTRITION	NUTRITION EDUCATION	YOUTH ENGAGEMENT
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\$500	\$500	\$500		\$500	\$500	\$500	\$500

**GAME ON!** presents **JEDPARODY**



**BUILDING  
OUR FUTURE**



**A UNC PROFESSOR WHO  
HAS OFFERED RAPS,  
POEMS, AND RECIPES AT  
PREVIOUS YEARS OF THE  
CONFERENCE**





**WHO IS  
ALICE AMMERMAN?**



# Alice Ammerman

*Director*

**Center for Health Promotion & Disease Prevention  
UNC-Chapel Hill**



**CENTER FOR HEALTH PROMOTION  
AND DISEASE PREVENTION**



**THE 12TH CHANCELLOR OF  
UNC-CHAPEL HILL AND A  
NATIONALLY RECOGNIZED  
EXPERT ON SPORT-  
RELATED CONCUSSIONS**





**WHO IS  
KEVIN GUSKIEWICZ?**



# Kevin Guskievicz

*Chancellor*

**UNC-Chapel Hill**



THE UNIVERSITY  
*of* NORTH CAROLINA  
*at* CHAPEL HILL





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**NUTRITION  
RESEARCH  
INSTITUTE**



**SHE IS A RETIRED MAJOR  
GENERAL OF THE U.S.  
ARMY WHO IS NOW A  
PROFESSOR AT UNC'S  
SCHOOL OF NURSING**





**WHO IS  
PEGGY WILMOTH?**



# Peggy Wilmoth

*Major General, US Army (ret)*

*Professor, UNC School of Nursing*



UNC  
SCHOOL OF  
NURSING



# Mission: Readiness North Carolina & Health of Our Youth

Major General (ret) Margaret C. Wilmoth,  
PhD, MSS, RN, FAAN



# Who Are We & Why Are We Here Today?

- Part of the *Council for a Strong America*
- *Mission: Readiness*
  - Retired admirals and generals who are concerned for our country with a goal of strengthening national security by ensuring kids stay in school, stay fit, and stay out of trouble





## Its in the Numbers...The n

- 40% of American Men were not eligible for military service for WWII secondary to malnutrition, most likely due to the Great Depression
- 50% of North Carolina men were not eligible for service in WWII due to poor health, nutrition and low education rates
- In response:
  - In 1946 Congress established the *National School Lunch Program* as a “measure of national security, to safeguard the health and well-being of the nation’s children” by ensuring they had access to nutritious meals.

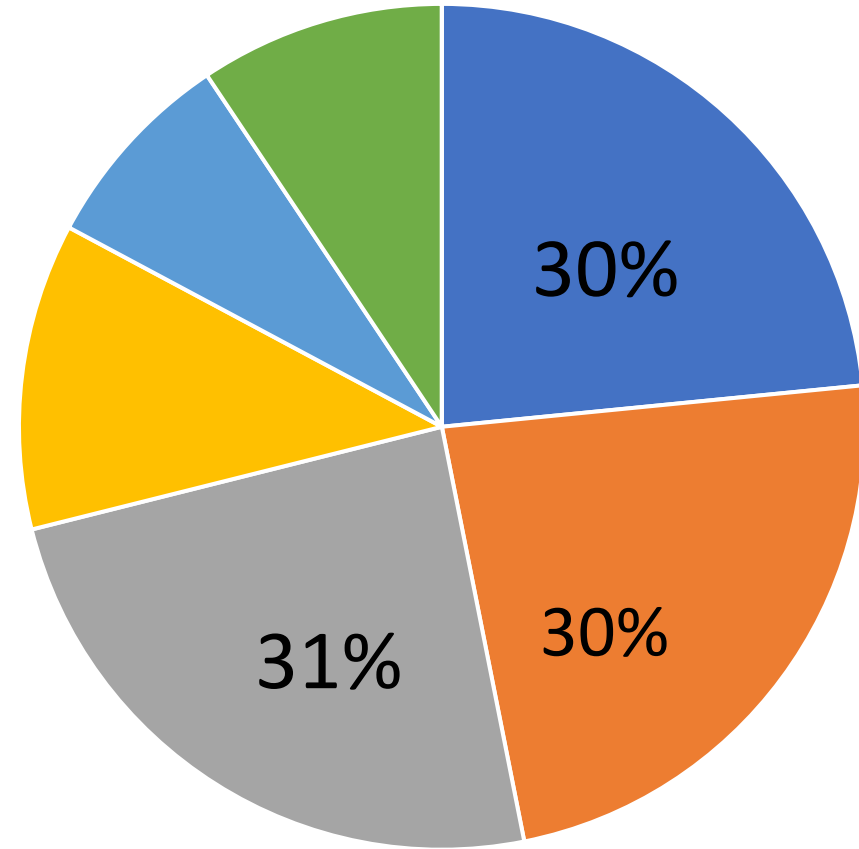


...Now

- Given all the progress since then, we might assume that this number would be much smaller...
  - Today, nearly 77% of American youth (male & female) are not eligible for military service; (2022 data)
  - 30% are ineligible secondary to being overweight (as of 2013 data)
- North Carolina:
  - 28% of our youth meet minimum eligibility requirements for military service (2017 data)
  - No breakdown by weight vs other categories

# Military Service Disqualifying Categories

- Data as of 2013 QMA Study



- Medical
- Weight
- Conduct
- Drugs
- Mental health 15%
- Dependents



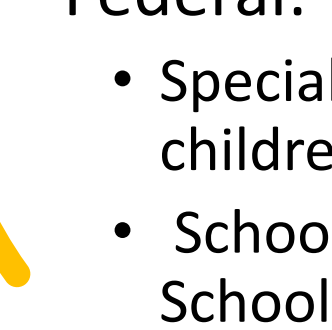
# Why Do We Care?

- National Security
- Impact on learning
- Reduce health risks and lifetime costs of health care
- Ability to contribute to the state and the nation's economy





# Our 'Ask' in 2023

- North Carolina:
    - Engage with the 'School Meals for All' Coalition with the goal of providing reduced/free meals in schools across the state
    - Support physical education classes/recess
  - Federal:
    - Special Supplemental Nutrition Program for WIC is essential to maintain for children under the age of 5;
    - Schools provide crucial support for older children – through the National School Lunch Program.
- 



# For More Information

- Mission: Readiness:

<https://www.strongnation.org/missionreadiness>

- Ronald Jarrett: NC lead

[rjarrett@councilforastrongamerica.org](mailto:rjarrett@councilforastrongamerica.org)





Kids who eat school meals do better in and out of school

**School meals benefit us all**

No-cost school meals help support local farmers and producers

We can build strong, resilient communities by making no-cost school meals available to all students.

 School Meals FOR ALL NC [www.schoolmealsforallnc.org](http://www.schoolmealsforallnc.org)



Don't forget to find your legislator, write your story, and **TURN IN YOUR POSTCARD ON THE WAY TO LUNCH!**

**LUNCH**





CREATIVE PERFORMANCES	SCHOOL NUTRITION	YOUR STORY, YOUR VOICE	NC FOOD SYSTEMS	BUILDING OUR FUTURE	OUT-OF-SCHOOL NUTRITION	NUTRITION EDUCATION	YOUTH ENGAGEMENT
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\$400				\$400	\$400	\$400	\$400
\$500	\$500	\$500		\$500	\$500	\$500	\$500

**GAME ON!** presents **JEDPARODY**



**DAILY  
DOUBLE**



**A DUO PERFORMING A  
FUSION OF VENEZUELAN  
AND APPALACHIAN FOLK  
MUSIC, WITH ONE MEMBER  
WHO IS CELEBRATING HIS  
BIRTHDAY TODAY**



**WHO ARE  
LARRY & JOE?**





# LARRY & JOE

[LARRYandJOE.com](http://LARRYandJOE.com)

CREATIVE PERFORMANCES	SCHOOL NUTRITION	YOUR STORY, YOUR VOICE	NC FOOD SYSTEMS	BUILDING OUR FUTURE	OUT-OF-SCHOOL NUTRITION	NUTRITION EDUCATION	YOUTH ENGAGEMENT
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				\$400	\$400	\$400	\$400
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**GAME ON!** presents **JEDPARODY**



**THE NUTRITION DIRECTOR  
FROM EDGECOMBE COUNTY  
SCHOOLS, WHO IS ALSO  
SERVING AS THE CURRENT  
PRESIDENT OF THE  
SCHOOL NUTRITION  
ASSOCIATION OF NC**





**WHO IS  
RUTH MCDOWELL?**



# Ruth McDowell

*2022-23 President, School Nutrition Association of NC*

*Director of Child Nutrition, Edgecombe County Public Schools*



SNA-NC Logo for  
2022-2023







# 2022-2023 SNA Theme



**“Stir Up Your Gifts!”**

**Commitment**



**Enthusiasm**



**Resilience**



**Grace**



**Love**





Commitment...

the state or quality of being dedicated to a cause, activity, etc.





Enthusiasm...  
intense and eager enjoyment,  
interest, or approval



Resilience...  
the capacity to recover quickly from  
difficulties; toughness





Grace...  
Courteous goodwill



Love...  
a great interest and pleasure in  
something



**A TEACHER AT EAST  
CHAPEL HILL HIGH WHO  
WAS NAMED THE 2022 NC  
NORTH CENTRAL REGION  
TEACHER OF THE YEAR**





**WHO IS  
BRIAN LINK?**



# Brian Link

*NC North Central Region Teacher of the Year*

**East Chapel Hill High**

**Chapel Hill-Carrboro City Schools**



CREATIVE PERFORMANCES	SCHOOL NUTRITION	YOUR STORY, YOUR VOICE	NC FOOD SYSTEMS	BUILDING OUR FUTURE	OUT-OF-SCHOOL NUTRITION	NUTRITION EDUCATION	YOUTH ENGAGEMENT
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**GAME ON!** presents **JEDPARODY**



# **OUT-OF-SCHOOL TIME NUTRITION**



**SHE HAS BEEN WITH THE  
NO KID HUNGRY NC TEAM  
SINCE IT FORMED IN 2011,  
AND IS THE PROJECT AND  
COMMUNICATIONS  
DIRECTOR FOR CHI**





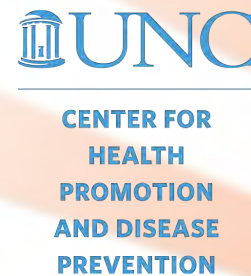
**WHO IS  
TAMARA BAKER?**



# Tamara Baker

*Project and Communications Director*

**Carolina Hunger Initiative**





**THIS SCHOOL NUTRITION  
DIRECTOR IS USING  
AFTERSCHOOL MEALS TO  
INCREASE ACCESS TO  
HEALTHY FOOD FOR HER  
STUDENTS**





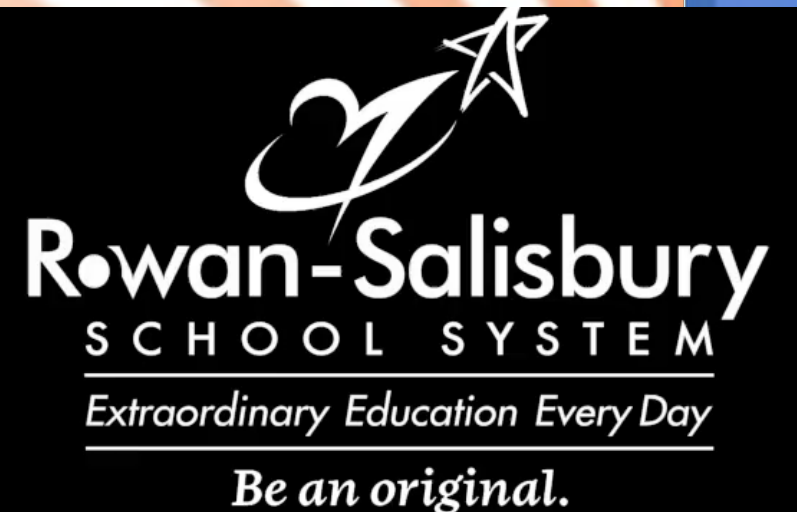
**WHO IS  
LISA ALTMANN  
WITH ROWAN-SALISBURY  
SCHOOLS?**



# Lisa Altmann

*Director of School Nutrition*

**Rowan-Salisbury School System**





**THIS PERSON COORDINATES  
SUMMER AND  
AFTERSCHOOL MEAL  
PROGRAMS THROUGH THE  
SECOND HARVEST FOOD  
BANK OF NORTHWEST NC**





**WHO IS  
NICOLE CAUDILL WITH  
PROVIDENCE?**



# Nicole Caudill

*Senior Manager of Community Meals*

## Providence

(A program of **Second Harvest Food Bank of Northwest NC**)





---

# Providence Community Meals of Second Harvest Food Bank of NWNC

NICOLE CAUDILL, MPH  
SENIOR MANAGER OF  
COMMUNITY MEALS





---

# CACFP & SFSP Sponsor

- 16 at-risk afterschool sites, 430 kids served daily
- Approx. 25 SFSP sites, approx. 2,500 kids served daily
- Focus on serving sites during ALL time spent out-of-school (both CACFP & SFSP)
- 87,000 meals served in SFSP 2022
- 42,000 meals served in CACFP to-date





---

# Food Banks & Out of School Time Meals

- Access to nutritious food is crucial to a child's development
- CACFP & SFSP partners as Food Bank Partner Agencies (ex: backpack programs)
- Nutrition Education
- Ready-to-eat meals are just as important as food for the family



---

# Volunteers

- We couldn't do this work without the help of our volunteers!
- Kids & Senior Meal programs



SECOND  
HARVEST  
FOOD  
BANK  
of northwest nc

40<sup>TH</sup>  
ANNIVERSARY



---

# Volunteers

- We couldn't do this work without the help of our volunteers!
- Kids & Senior Meal programs





**THIS IS THE DEPUTY  
DIRECTOR OF THE DIVISION  
OF CHILD AND FAMILY  
WELL-BEING AT NC DHHS**





**WHO IS  
MADHU VULIMIRI?**

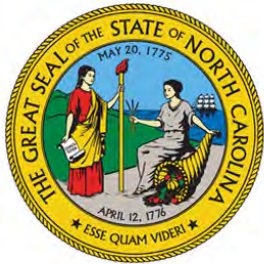


# Madhu Vulimiri

*Deputy Director*

**Division of Child and Family Well-Being**

**NC Department of Health and Human Services (NC DHHS)**



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**



# Nutrition Security Priorities at NCDHHS

**Madhu Vulimiri**

Deputy Director

Division of Child and Family Well-Being

NC Child Hunger Leaders Conference

Feb 22, 2023

@madhuvulimiri



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**



# NCDHHS Priorities

*These priorities and our work across the department are grounded in **whole-person health**, driven by **equity**, and responsive to the lessons learned responding to the greatest health crisis in more than a generation.*

## Behavioral Health & Resilience



We need to offer services further upstream to build resiliency, invest in coordinated systems of care that **make mental health services easy to access** when and where they are needed and to **reduce the stigma** around accessing these services.

## Child & Family Well-Being



We will work to ensure that North Carolina's children grow up safe, healthy and thriving in nurturing and resilient families and communities. **Investing in families and children's healthy development builds more resilient families, better educational outcomes and, in the long term, a stronger society.**

## Strong & Inclusive Workforce



We will work to strengthen the **workforce that supports early learning, health and wellness by delivering services to North Carolina.** And we will take action to be an equitable workplace that lives its values and ensure that all people have the opportunity to be fully included members of their communities.



## NCDHHS goals around nutrition security

---

### Building upon NC's Early Childhood Action Plan:

---

- **By 2025, decrease the percentage of children living across North Carolina in food insecure homes from 20.9% to 17.5% according to data provided by Feeding America.**



# Strategy 1: Increasing reach of nutrition benefit programs

---

## Current DHHS Initiatives:

---

- Increase cross enrollment across Food and Nutrition Services (FNS), WIC, and Medicaid through data matching and tailored outreach
- Improve beneficiary experience in FNS & WIC
- Grow CACFP After School At Risk Meals network





## Strategy 2: Connecting health care and food supports

---

### Current DHHS Initiatives:

---

- Implement Healthy Opportunities Pilots in Medicaid (nation's first comprehensive program to test & evaluate providing non-medical interventions to address healthcare)
- Grow NCCARE360 network
- Screen for nutrition security among Medicaid members



## Strategy 3: Increasing breastfeeding supports for mothers

---

### Current DHHS Initiatives:

---

- Conduct breastfeeding training for local WIC agency staff across NC
- Implement a statewide breastfeeding hotline





# Partnerships are critical to our collective success

---

## NCDHHS & NCDPI

---

- **Pandemic-EBT has issued over \$2.3B issued to over 1.5M students since 2020**
- **Direct certification with Medicaid and national school lunch program**
- **Working with 1,500+ K-12 schools in 70 counties to expand mental health resources for staff, students, and families**



# Changes to the nutrition benefit landscape

---

DHHS has been working to prepare for imminent changes:

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- End of FNS emergency allotments (final issuance is in February 2023)
- End of federal Public Health Emergency (PHE) on May 11, 2023
- Promoting food resources to families:
  - [www.ncdhhs.gov/foodresources](http://www.ncdhhs.gov/foodresources)
  - [www.ncdhhs.gov/ncwic](http://www.ncdhhs.gov/ncwic)
  - [www.nc211.org](http://www.nc211.org)





## How can you get involved? (1 of 2)

---

- Attend the NCDHHS Food and Nutrition Security summit on 3/2 or 3/3 (see QR codes for registration links)
- Promote [www.ncdhhs.gov/foodresources](http://www.ncdhhs.gov/foodresources)
- Connect with/offer support to food banks in your community
- School districts: Get involved with Afterschool At Risk Meals (ARAM)
- CBOs: Join the NCCARE360 network ([www.nccare360.org/join/](http://www.nccare360.org/join/))



SCAN ME

Mar 2, 1-4pm



SCAN ME

Mar 3, 9-12pm

## How can you get involved? (2 of 2)

---

- Order NC WIC materials and distribute to families (see QR code)
- Promote the NC WIC Online Referral Form ([www.ncdhhs.gov/ncwicreferral](http://www.ncdhhs.gov/ncwicreferral))
- Sign up to receive the WIC quarterly outreach newsletter (email [Laura.Tanase@dhhs.nc.gov](mailto:Laura.Tanase@dhhs.nc.gov))
- Let your school administrators know you hope your school will offer *Youth Mental Health First Aid* trainings when they become available later this year, and participate in trainings if available!



SCAN ME



**SHE'S THE SUMMER  
NUTRITION PROGRAMS  
LEAD FOR NCDPI AND HAS  
A ZEBRA IN HER BACKYARD**





**WHO IS  
JENNIFER BAILEY,  
ASSISTANT CHIEF OF  
SCHOOL NUTRITION AT  
NCDPI?**



# Jennifer Bailey

*Section Chief, School Nutrition Division*

**NC Department of Public Instruction (NC DPI)**



North Carolina Department of  
**PUBLIC INSTRUCTION**



**THESE UNC STUDENTS  
HEADED TO COUNTIES  
ACROSS EASTERN NC LAST  
SUMMER TO HELP SCHOOL  
DISTRICTS SERVE MEALS  
FOR KIDS**





**WHO ARE  
CYNTHIA SHARPE AND  
ADITYA SHETYE?**

# Destination Summer

## *The Place to Be!!*

Jennifer Bailey, MS, MPH, RDN, LDN, SNS  
North Carolina Department of Public Instruction

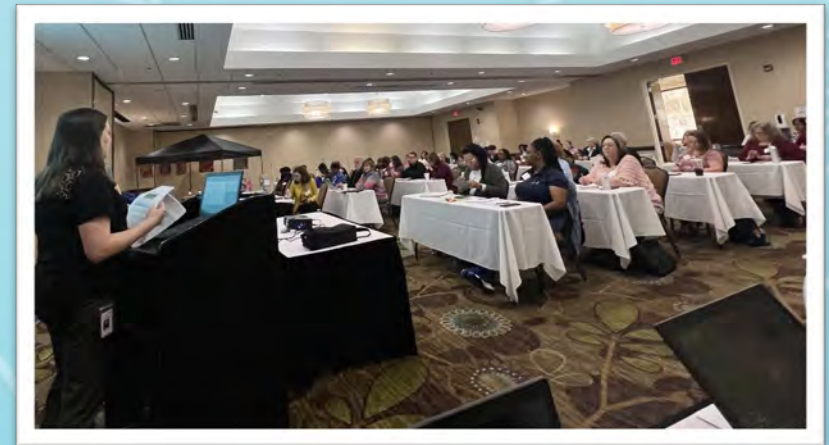




# Destination Summer



# SummerPalooza! 2023





# SummerPalooza! 2023





# North Carolina Program Highlights



**214 sponsors**  
administered the  
program.

## Meals Served

Breakfast: **3,379,559**  
Lunch: **5,538,935**  
Supper: **10,252**  
Snack: **227,974**



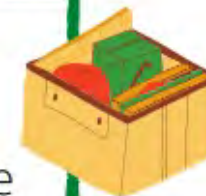
**3,425 sites** served  
free summer  
meals.



Sites served meals  
between **1 and 84**  
**days**, with an  
average of **20 days**.



**9,156,720** total  
meals were  
served during the  
Summer of 2022.



## The Kids are Counting on Us!



# Summer Nutrition County Profiles

- Include brief overview of Summer Nutrition Program
- Provide highlights from previous
  - # sponsors, # sites, serving days, # meals and types, federal funding generated, average daily participation, and more
- Profile for each county and statewide
- Based on meal claims data submitted to NC DPI
- Available at: <https://summermeals4nckids.org/profiles/>

# 2022 SUMMER NUTRITION PROGRAM



4NCKids!  
North Carolina



Thanks to all the dedicated summer nutrition staff!

## Overview of the Program

- Many children receiving free and reduced-price meals through the School Breakfast and National School Lunch Program are at greater risk of hunger during the summer.
- Lack of nutrition during the summer makes students more likely to fall behind during the school year and experience health issues.
- Federal Summer Nutrition Programs reimburse meal sponsors for serving free, healthy meals to children and teens ages 18 and younger in low-income areas during the summer.

## North Carolina Program Highlights



214 sponsors administered the program.

### Meals Served

Breakfast: 3,379,559  
Lunch: 5,538,935  
Supper: 10,252  
Snack: 227,974



3,425 sites served free summer meals.



Sites served meals between 1 and 84 days, with an average of 20 days.

9,156,720 total meals were served during the Summer of 2022.



For more information about who is sponsoring meals in North Carolina, visit: [CarolinaHungerInitiative.org/Profiles](https://CarolinaHungerInitiative.org/Profiles)



## NORTH CAROLINA



### Summer Nutrition Builds the Economy!

- Up to two meals or snacks are reimbursable at each site daily, and can be served seven days a week.
- If every student eligible for free and reduced-price meals received breakfast and lunch Monday-Friday (55 days) during the summer, \$347,818,230 would have been brought into the state.
- In the summer of 2022, \$34,322,075 was brought into the state, with \$313,496,154 not accessed.



### NEED

- In September 2022, 897,972 children (62% of public school students in the state) were eligible for free and reduced-price school meals
- 503,701 students participated in free and reduced-price school lunch in September 2022

Check us out on social media!  
@CarolinaHungerInitiative  
@NCSchoolMeals  
@Ray4NCKids  
#SummerMeals4NCKids

### State Need Met Through the 2022 NC Summer Nutrition Program

Month	Average Daily Attendance	Ratio of Summer Nutrition to FRP students*	Ratio of Summer Nutrition to NSLP**
June	401,759	44.74	79.76
July	87,931	9.79	17.46
August	43,727	4.87	8.68

\*Ratio of the number of children participating in the Summer Nutrition Program based on the average daily attendance in 2022 per 100 students eligible for free and reduced-price school meals in September 2022.  
\*\*Ratio of the number of children participating in the Summer Nutrition Program based on the average daily attendance in 2022 per 100 participating in free and reduced-price lunch through the National School Lunch Program in September 2022.

This report covers meals served through summer nutrition programs for all of June-August 2022. Due to USDA waivers allowing meals to be served through summer nutrition programs during the 2021-22 school year, it may not be directly comparable to data from summer 2019 and earlier.  
Data Sources: NC Department of Public Instruction Summer 2022 and September 2022 Meal Claims Data. Additional information on data and calculations used in this profile can be found here: [CarolinaHungerInitiative.org/Profiles](https://CarolinaHungerInitiative.org/Profiles).

Learn more about the NC Summer Nutrition Program: [summermeals4nckids.org/](https://summermeals4nckids.org/)



# Press Releases, Marketing Materials, etc.

- Include data from profiles in press releases and marketing materials
- Toolkit with customizable resources:  
<https://summermeals4nckids.org/toolkit/>
  - Community leaders flyers
  - Event invitation
  - Press releases
  - Social media posts
  - Summer recap flyer
  - And more!



**EDGECOMBE COUNTY 2022**  
**#SUMMERMEALS4NCKIDS**

Healthy meals daily at no cost  
for kids and teens ages 18 and younger!

Provided by:  
**Edgecombe**  
County Public Schools  
FOCUSED. CONNECTED. READY.

**HELP SPREAD THE WORD**

- Encourage families to find meal sites by:
  - 1) Texting FOOD or COMIDA to 304-304
  - 2) Visiting [SummerMeals4NCKids.org](https://SummerMeals4NCKids.org)
- Post on your organization's website and social media
- Share in newsletters, church bulletins, etc.
- Inform other community leaders, friends, neighbors and family about this under-used opportunity

**DID YOU KNOW?**

- In the summer of 2021, Edgecombe County served more than 165,900 free meals to kids - a boost of more than **\$591,046 to the county's economy!**
- Families can choose from multiple sites throughout the county to pick up meals for their children.
- No ID or registration required.
- Gather with us for food, fun, and sun! This summer, meals will be served and eaten on-site.
- Read more about [Summer Meals 4 Kids in Edgecombe County](https://CarolinaHungerInitiative.org/profiles) at [CarolinaHungerInitiative.org/profiles](https://CarolinaHungerInitiative.org/profiles).

LEARN MORE: [SUMMERMEALS4NCKIDS.ORG](https://SUMMERMEALS4NCKIDS.ORG)

This institution is an equal opportunity provider.

# Slides for School Board and Other Leadership Presentations




## Let's Celebrate Summer Meals and Farm to Summer!



**Edgecombe County Public Schools**  
NUTRITION PROGRAMS

**NC SUMMER**  
Nutrition Programs



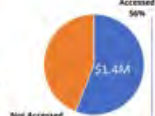
## Summer Success: 2020 County Results

Despite the challenges of the COVID-19 pandemic, ECPS stepped up to continue incredible meal service for its students and community in summer 2020. See more: [CarolinaHungerInitiative.org/Profiles](https://CarolinaHungerInitiative.org/Profiles)

### County Program Highlights

- 2 sponsors administered the program.
- 2020 INCREASE: Comparing meals served in the 2020 Summer Months to the 2019 Summer Month, Edgecombe County served 7X more meals to our kids, a difference of 369,178 meals!
- 19 sites served 839 Summer meals.
- 429,345 total meals were served during the summer of 2020.

### 2020 Summer Nutrition Program Funding



With Food Bank of Central & Eastern NC

Statewide average: only 6x increase

Statewide average: only 25% accessed

See the template versions at [SummerMeals4NCKids.org/Toolkit](https://SummerMeals4NCKids.org/Toolkit)



## You're Invited!

Let's celebrate our summer nutrition success so far, keep the momentum going, and have a day of fun for our students! And meet the state much-adored summer meals mascot, RAY!

**Monday, July 19**  
10:00 am to 12:30 pm  
(meals served to the children at 12:30 pm)

Michael's Angels Club (inside)  
214 N. Main Street  
Tarboro, NC 27886

- We also will kick-off FARM TO SUMMER week with fun and informative festivities for the kids.
- And let's thank the school nutrition professionals for their tireless dedication to keep feeding our kids!
- Games, food-tastings, photo ops, and brief remarks.




## Summer Success: 2021 County Results

We don't expect to maintain the huge numbers from the height of the COVID-19 pandemic emergency, but ECPS still wants to maintain the summer meals momentum and see increases over an average summer.

And so far... WE ARE!

<p><b>Summer 2019</b> County-wide: 60,167 total meals served (entire summer)</p>	<p><b>Summer 2021</b> For ECPS only: 51,787 total meals served so far (only June)</p> <p><small>*preliminary data from Cortwell</small></p>
--	---





# Summer Meals Promotion Resources



¿Busca comidas de verano gratuitas para niños y adolescentes?

Envía "COMIDA" al 304-304

**CELEBRATE**  
#NCFARMSUMMER  
ALL SUMMER LONG

North Carolina Department of PUBLIC INSTRUCTION

**SERVE TEACH POST CRUNCH**

**TAKE THE #NCFARMSUMMER CHALLENGE**

- **Serve** local foods in meals and/or snacks.
- **Teach** about locally grown food, agriculture and nutrition.
- **Post** or share about farm to summer activities.
- Sign up for the #NCCrunch to taste and learn about NC-grown produce for farm to school month.

Sign up today!  
<https://bit.ly/315noab>

This institution is an equal opportunity provider.

Connect With Us  
[Summermeals4NCKids.org](http://Summermeals4NCKids.org)

@Ray4NCKids  
@NCSchoolMeals

**SUMMER**  
Nutrition Programs  
#NCFarmtoSummer

Take the #NCFarmtoSummer Challenge! Sign up today!

**Serve** local foods in meals and/or snacks. **Teach** about locally grown food, agriculture and nutrition. **Post** or share about farm to summer activities. **Crunch** into delicious produce.

<https://bit.ly/315noab>

# Identify Areas to Focus on Next Summer

County Need Met Through the 2022 NC Summer Nutrition Program

Month	Average Daily Attendance	Ratio of Summer Nutrition to FRP students*	Ratio of Summer Nutrition to NSLP**
June	1,350	15.92	24.49
July	1,280	15.09	23.22
August	0	0.00	0.00

## Example


- Meals weren't served in August
- Can the program be extended?
- Can other organizations potentially sponsor or serve meals in August?



# Turnip the Beet Award

- U.S. Department of Agriculture (USDA) Food and Nutrition Services (FNS) Award
- Recognizes outstanding Summer Meal Program Sponsors who serve high quality meals that are appetizing, appealing, and nutritious

OMB Control Number: 0584-0658 Expiration Date: 09/30/2023



## TURNIP THE BEET

with high quality summer meals!

The **Turnip the Beet Award**, by the U.S. Department of Agriculture's (USDA) Food and Nutrition Service (FNS), recognizes outstanding Summer Meal Program sponsors who work hard to offer high quality meals that are appetizing, appealing, and nutritious.

**Who is eligible, and how do they apply?**  
All Summer Meal Programs sponsors in good standing, including Summer Food Service Program (SFS) sponsors and National School Lunch Program Seamless Summer Option (SSO) sponsors, may be eligible for a **Turnip the Beet Award**. Sponsors may self-nominate or be nominated by another party. Each State agency determines their own deadline for nominations. The nomination must include a completed Nomination Form and a detailed one-month menu. FNS evaluates and scores the nominations and notifies the winners in writing. The Nomination Form is available on the **Turnip the Beet** webpage <https://www.fns.usda.gov/sfp/turnip-the-beet>.

**How are nominations evaluated?**  
Nominations must clearly illustrate how the meals are appetizing, appealing, and nutritious. The Nomination Form includes short-answer questions and menu criteria based on the Dietary Guidelines for Americans. The criteria include serving local foods, a variety of vegetables and fruit, whole grains, and low-fat and fat-free milk. For more detailed information on the **Turnip the Beet Award** and the evaluation criteria, check out the **Turnip the Beet** webpage.

**What are the prizes?**  
Three award levels are available: gold, silver, and bronze. All winners will receive a certificate and will be featured on the **Turnip the Beet** webpage.

**Questions?**  
Questions regarding the **Turnip the Beet Awards** should be directed to your Summer Meals State agency: <https://www.fns.usda.gov/sfp/turnip-the-beet>.

**Resources**  
FNS has an abundance of resources available for sponsors to help make the summer meals they serve more appetizing, appealing, and nutritious:

- **The Nutrition Guide for Sponsors** (<https://www.fns.usda.gov/sfp/turnip-the-beet/nutrition-guide>) includes tips for serving high quality meals and incorporating local foods, as well as sample cycle menus.
- **The Farm to Summer Fact Sheet** (<https://www.fns.usda.gov/sfp/turnip-the-beet/farm-to-summer>) describes how to "bring the farm" to summer sites.
- **The Summer Meals Toolkit** (<https://www.fns.usda.gov/sfp/turnip-the-beet/summer-meals-toolkit>) offers healthy menu planning ideas and tips for serving meals family style.
- **The Team Nutrition Resource Library** (<https://www.fns.usda.gov/sfp/turnip-the-beet/team-nutrition>) has free nutrition education materials.

OMB Burden Disclosure Statement: This information is being collected to assist the Food and Nutrition Service (FNS) in recognizing high quality summer meals. This is a voluntary collection and FNS will use the information to determine Turnip the Beet award winners. This collection does not request personally identifiable information under the Privacy Act of 1974. According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0658. The time required to complete this information collection is estimated to average 1 hour per response, including the time for reviewing instructions, gathering the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: U.S. Department of Agriculture, Food and Nutrition Service, Office of Policy Support, 1320 Braddock Place, 12<sup>th</sup> Floor, Alexandria, VA 22306 ATTN: PRA (0584-0658). Do not return the completed form to this address.

USDA United States Department of Agriculture

CHILD NUTRITION





**Turnip the Beet  
Silver Award  
Winner!**

**Congratulations Beaufort  
County Schools!!**





# Beaufort County Schools Summer Meals

- Appealing menus featuring student favorites
- All grains served were whole grain rich
- Fresh fruit and salads offered daily
- Local produce served as often as possible

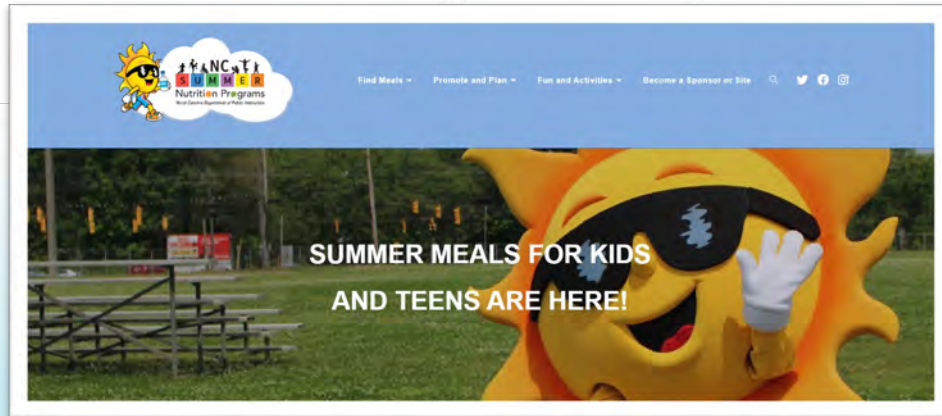
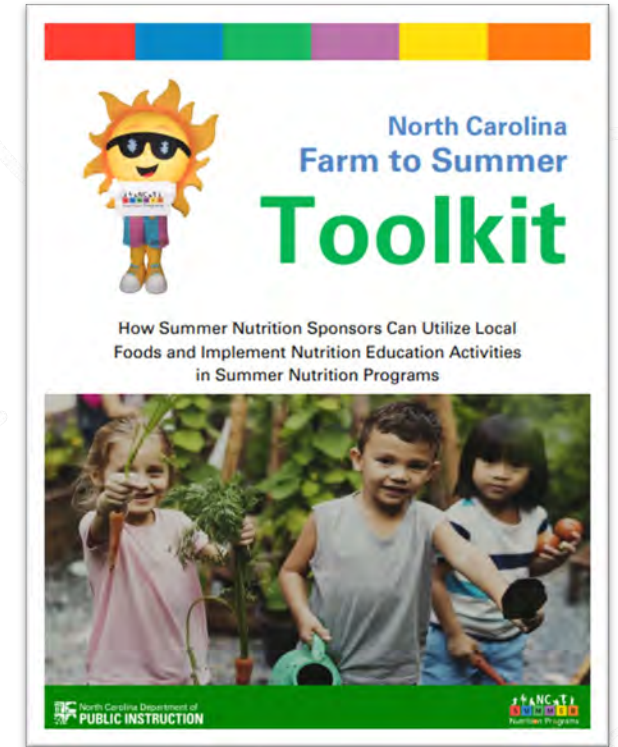
# Beaufort County Schools Summer Meals

- Billboards, yard signs, and fliers in the community
- Partnered with Hyde and Beaufort County Literacy Association to provide a book with meals





# Summer Meals Resources



See you this summer!!



# Destination Summer

NCDPI Summer Team



# Cynthia Sharpe

*CHI 2022 Summer Nutrition Program Intern*

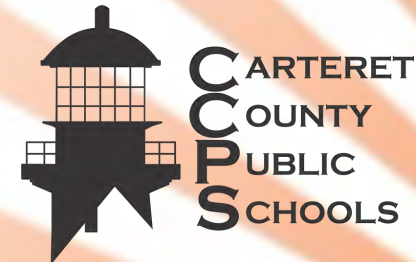
**Pitt County Schools**



# Aditya Shetye

*CHI 2022 Summer Nutrition Program Intern*

**Carteret County Public Schools**











# Don't forget to work on your BINGO card!

Learned something new? Feeling inspired?

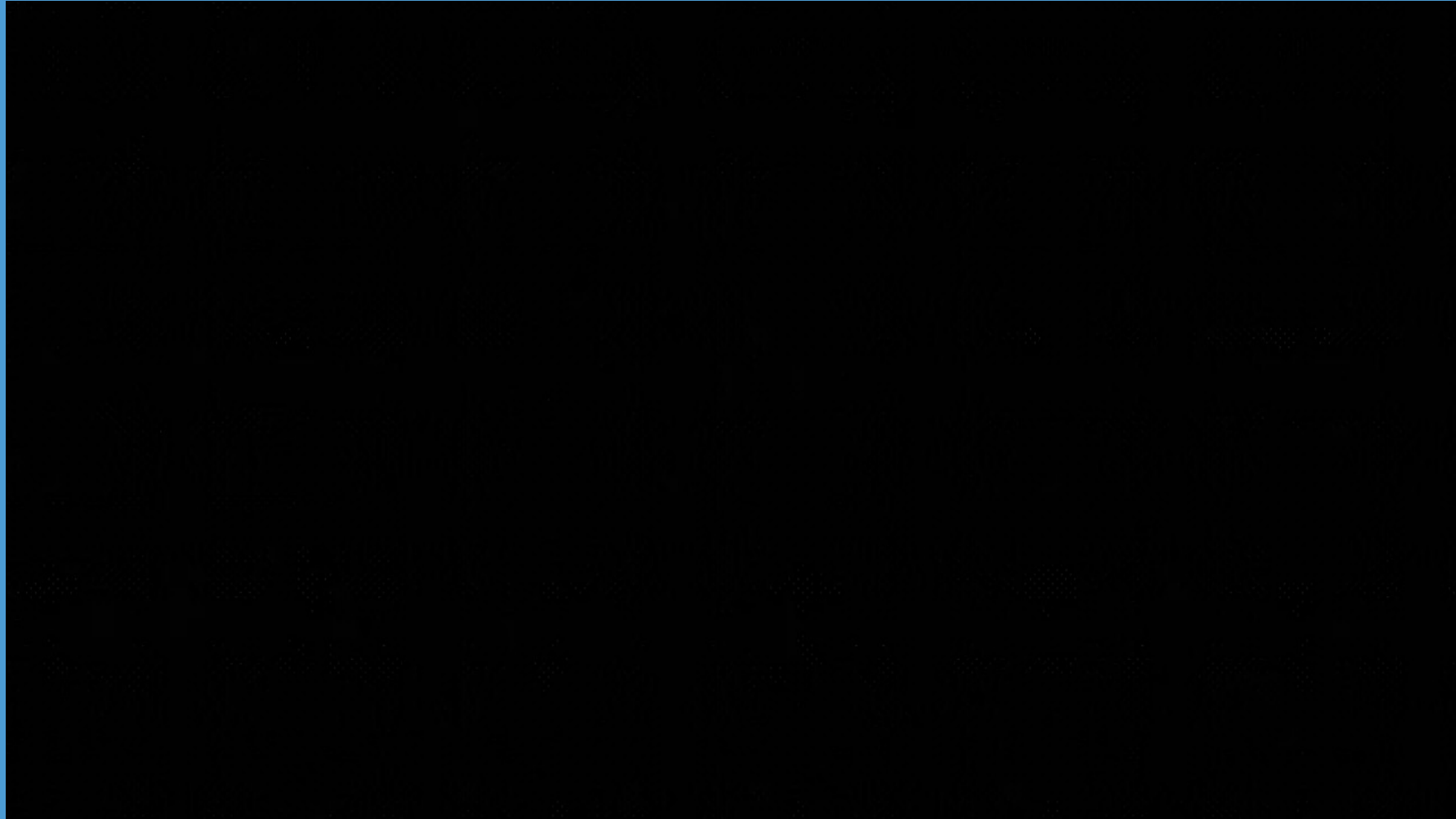
Share it on social media with #NCChildHungerLeaders

COMMERCIAL BREAK





***Thank you to Mr. Martin and the students of Weaverville Elementary in Buncombe County Schools for sharing their ad for the Black Hawk Café!***



CREATIVE PERFORMANCES	SCHOOL NUTRITION	YOUR STORY, YOUR VOICE	NC FOOD SYSTEMS	BUILDING OUR FUTURE	OUT-OF-SCHOOL NUTRITION	NUTRITION EDUCATION	YOUTH ENGAGEMENT
						\$100	\$100
						\$200	\$200
						\$300	\$300
				\$400		\$400	\$400
\$500				\$500		\$500	\$500

**GAME ON!** presents **JEDPARODY**



**BUILDING OUR  
FUTURE**



**SHE IS THE CHIEF  
OPERATING OFFICER FOR  
LOAVES & FISHES AND  
FRIENDSHIP TRAYS IN  
CHARLOTTE, WHICH FED  
MORE THAN 30,000  
CHILDREN IN 2022**





**WHO IS  
DANIELLE MOORE?**



# Danielle Moore

*Chief Operating Officer*

**Loaves & Fishes/Friendship Trays**



**LOAVES & FISHES**  
Groceries for Neighbors in Need



**Friendship  
Trays** Meals on Wheels of  
Charlotte-Mecklenburg





**Friendship**  
**Trays** Meals on Wheels of  
Charlotte-Mecklenburg

**Danielle Moore, COO**  
**February 22, 2023**

# OUR MISSION

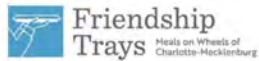
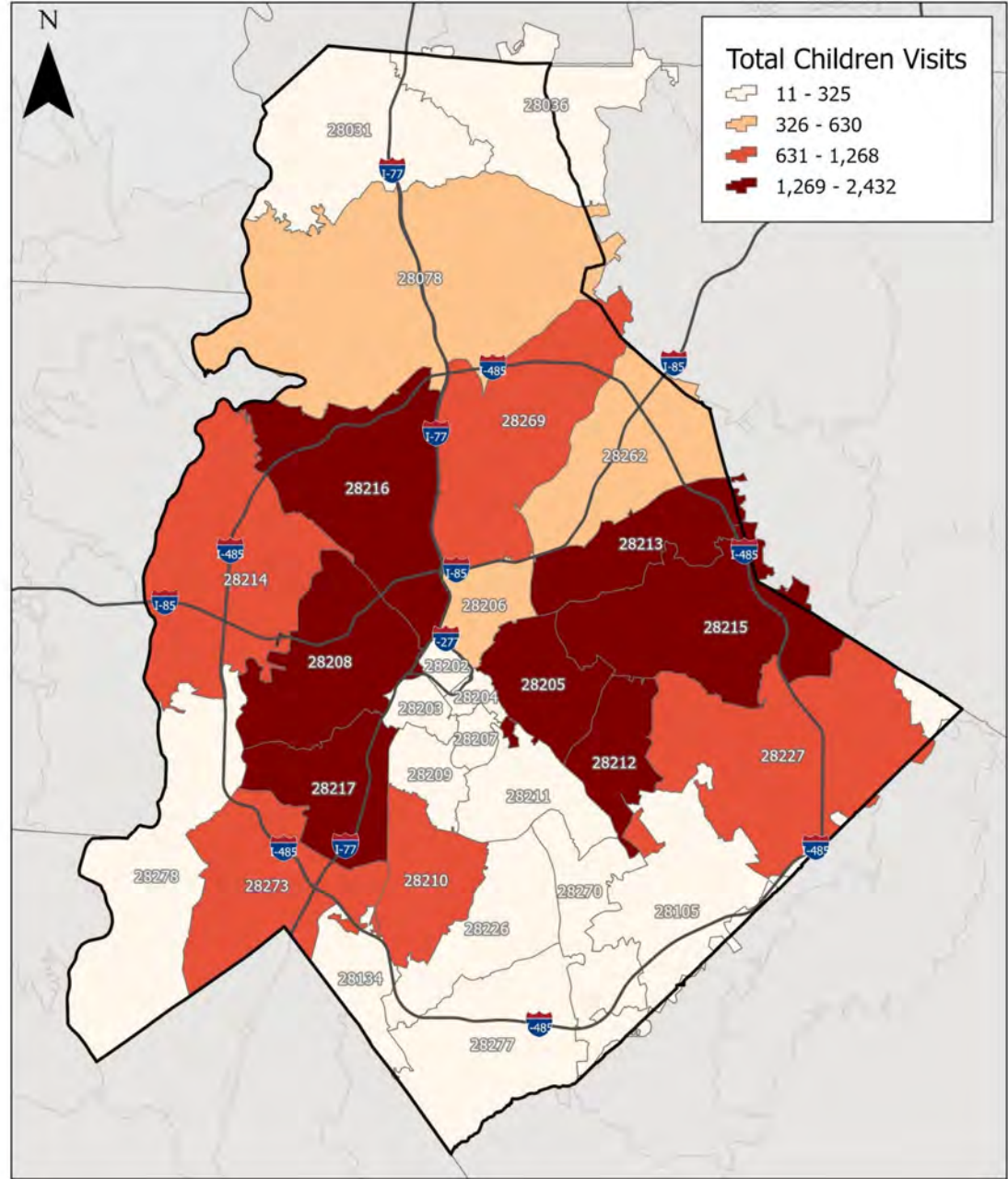
To nourish our neighbors with food and compassion.

# MISSION IN ACTION

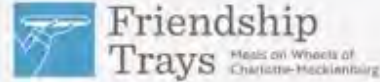
We provide nutritious groceries and prepared meals through the largest network of food pantries and as the primary Meals on Wheels program for Mecklenburg County.







Total CHILDREN visits by Census ZIP CODE 2021



# 2022 Year in Review



## Food Pantries

Provided nutritious groceries to **106,547** neighbors.  
Half were children and seniors.



## Meals on Wheels

Delivered **133,662** nutritiously prepared meals  
through our Meals on Wheels program.



## Pop Up Food Shares

Distributed excess fresh produce and perishable food  
items to **65,835** neighbors.



## Grocery Home Delivery

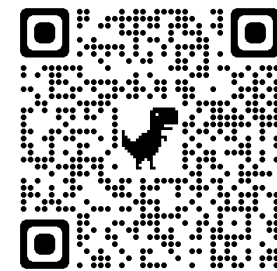
Delivered a week's worth of nutritious groceries directly  
to the homes of **20,499** neighbors.



## Social Services Team

Our staff Social Services team connected **11,924**  
neighbors to food and additional services.





# GROCERY HOME DELIVERY

- This program is for food insecure Mecklenburg County residents who cannot pick up from one of our pantries
- 7-day supply of healthy groceries to create 21 balanced meals
- Groceries from all 5 food groups including nonperishable and fresh items
- Client Choice shopping – Online Grocery Ordering Platform powered by FoodStorm from Instacart
- Contact-free deliveries on Tuesdays, Wednesdays, Thursdays, and Saturdays

# THANK YOU

Questions?

[www.loavesandfishes.org](http://www.loavesandfishes.org)

[danielle@loavesandfishes.org](mailto:danielle@loavesandfishes.org)

704.523.4333





**NORMALLY KNOWN AS  
THE FOUNDER AND BOARD  
CHAIR OF PORCH  
COMMUNITIES, SHE IS HERE  
TODAY AS HOST OF A  
SPECIAL SEGMENT**





**WHO IS  
CHRISTINE COTTON?**



# Christine Cotton

*Founder/ Board Chair*

**PORCH Communities**



# THE DATING GAME

With your Host

**CHRISTINE COTTON**

**Founder of PORCH Communities**







**Welcome**  
**Today's Featured Program:**

**PORCH Fresh**



# Today's Potential Partners



**The Produce Box**  
**Courtney Tellefsen**



**The Boys & Girls Club**  
**Traci Newby**



**Carolina Hunger Initiative**  
**Jessica Soldavini**



**Thank you for playing**



**More info @ [PORCHcommunities.org](http://PORCHcommunities.org)**

CREATIVE PERFORMANCES	SCHOOL NUTRITION	YOUR STORY, YOUR VOICE	NC FOOD SYSTEMS	BUILDING OUR FUTURE	OUT-OF-SCHOOL NUTRITION	NUTRITION EDUCATION	YOUTH ENGAGEMENT
						<b>\$100</b>	<b>\$100</b>
						<b>\$200</b>	<b>\$200</b>
						<b>\$300</b>	<b>\$300</b>
						<b>\$400</b>	<b>\$400</b>
<b>\$500</b>						<b>\$500</b>	<b>\$500</b>

**GAME ON!** *presents* **JEDPARODY**



**THESE ELEMENTARY  
SCHOOL STUDENTS ARE  
BEING EMPOWERED  
THROUGH DANCE AND  
MUSIC**





**WHO ARE  
THE NC ARTS IN ACTION  
DANCERS FROM RASHKIS  
ELEMENTARY?**





NORTH  
CAROLINA  
**ARTS in  
ACTION**

***Empowering elementary school students  
through dance and live music***



**THEY'RE KNOWN FOR HAVING  
THE BRIGHTEST SMILE IN ANY  
ROOM, BEING THE SNAPPIEST  
DRESSER IN THE WORLD OF  
CHILD NUTRITION, AND  
WORKING AS THE OFFICIAL  
MASCOT OF THE NC SUMMER  
NUTRITION PROGRAMS**





**WHO IS  
RAY F. SUN?**



# NC Arts in Action

*Empowering elementary school students through dance and live music*



NORTH CAROLINA  
**ARTS in ACTION**



# Ray F. Sun

*Official Mascot*  
**NC Summer Nutrition Programs**





CREATIVE PERFORMANCES	SCHOOL NUTRITION	YOUR STORY, YOUR VOICE	NC FOOD SYSTEMS	BUILDING OUR FUTURE	OUT-OF-SCHOOL NUTRITION	NUTRITION EDUCATION	YOUTH ENGAGEMENT
						<b>\$100</b>	<b>\$100</b>
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						<b>\$300</b>	<b>\$300</b>
						<b>\$400</b>	<b>\$400</b>
						<b>\$500</b>	<b>\$500</b>

**GAME ON!** *presents* **JEDPARODY**



# NUTRITION EDUCATION



Thanks for  
the great  
demo, Khloe!



**THIS NUTRITION EDUCATOR  
HAS A BROTHER WHO  
APPEARED ON THE  
REAL JEOPARDY**





**WHO IS  
BELÉN ROGERS,  
HERE WITH CO-EDUCATOR  
KATHLEEN HOOLIHAN  
FROM THE FOOD BANK OF  
CENTRAL & EASTERN NC?**



# **Kathleen Hoolihan & Belén Rogers**

*Nutrition Education Coordinator*

**Food Bank of Central & Eastern NC**

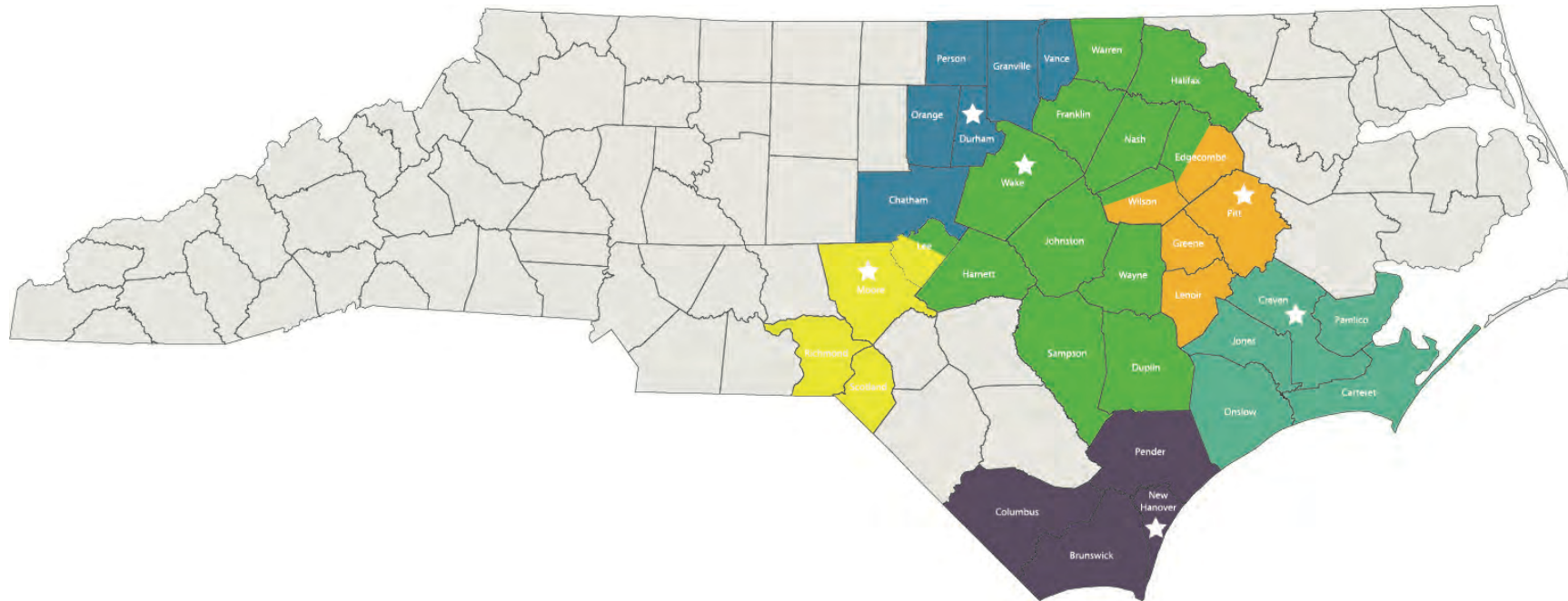


# **Kid's Café Toolkit:**

**Empowering the Next Generation with  
Nutrition Education**



**The Food Bank serves 34 counties in North Carolina through six branches in Raleigh, Durham, Greenville, New Bern, Sandhills, and Wilmington.**



# Kid's Café Partners

- After school programs focusing on:
  - academic enrichment
  - mentoring
  - nutrition education and physical activities
  - nutritious meals
  - parental empowerment



# Why Behind the Toolkit

1

Provide age-appropriate nutrition education resources

2

Mix and match options to meet any site capacity

3

Increase likelihood of nutrition education delivery with one stop toolkit

# Kids Cafe Toolkit



## Table of Contents

- Introduction
- Food Safety
- Section 1: Vegetables
  - Lesson 1: MyPlate Intro
  - Lesson 2: Musical Vegetables
  - Lesson 3: Snack Fun with Vegetables!
- Section 2: Fruits
  - Lesson 1: All About Applesauce
  - Lesson 2: Eat the Rainbow
  - Lesson 3: Fruit20
- Section 3: Grains
  - Lesson 1: Grains Around the World
  - Lesson 2: White or Wheat?
  - Lesson 3: Whole Grain Fun with Labels
- Section 4: Protein
  - Lesson 1: Protein Dip
  - Lesson 2: Go Protein!
  - Lesson 3: Hoppin with Protein!
- Section 5: Dairy
  - Lesson 1: Dippin Dairy
  - Lesson 2: Tic Tac Dairy
  - Lesson 3: Dairy What



# Section 1: Vegetables

## Lesson 2: Musical Vegetables

**Objective:** Students will be able to identify at least 5 vegetables.

**Time Needed:**

- 25 minutes without
- 40 minutes with tasting

**Lesson Overview:** Students will learn about the vegetable section of MyPlate, participate in a musical vegetables game and try turkey and bean tacos.

**Materials Needed:**

- Musical Vegetables
- Tomato Fact Card

**Materials Needed for Demo/Tasting:**

- Skillet/hotplate
- Extension cord
- Frying pan
- Spatula
- Knife
- Small serving bowl (to hold prepped produce)
- Cutting board
- Plates
- Forks
- Napkins

**Videos:**

- Are Vegetables Really Healthy?
  - <https://www.youtube.com/watch?v=gV9386Jv21c>

# Lesson Example

## Action Steps

- **Share:** "Today we are going to be learning all about vegetables. While we are learning together, let's remember to:
  - Listen when the instructor is speaking.
  - Raise your hand, one student speaking at a time.
  - Feel free to ask questions, always raise your hand and wait to be called on by instructor."
- **Share:** "Food safety is very important to keep ourselves safe. Remember to be sure to always wash hands prior to cooking or serving/handling of food. Wash all fruits and vegetables prior to consumption."
- **Ask students:** are you familiar with MyPlate?
  - If yes, ask students to raise their hands and have each student share one section of the food group.
  - If no, go over MyPlate food groups together.
    - Fruits, vegetables, grains, protein, and dairy
- **Share:** "Today we are going to be learning about the vegetable section of MyPlate today."
- **Ask students:** "Raise your hand to give an example of foods in vegetable group."
  - (Not an inclusive list): broccoli, carrots, celery, peas, corn, squash, sweet potatoes, potatoes, lettuce, spinach, peppers, mushrooms, dried vegetables.
  - Uncommon vegetables include: Eggplant, butternut squash, beets, collard greens, radish.
- **Pass Out:** Tomato fact card and read through together. Feel free to have students volunteer to read out loud. Then share the following with students.
  - Vitamin A keeps skin and eyes healthy. Some examples of orange vegetables that contain Vitamin A, are sweet potatoes and carrots.
  - Vitamin C helps keep you from getting sick and helps healing if you get hurt. Great examples are broccoli, peppers, and tomatoes.



# Interactive Activities



## Action Steps:

- **Share:** Today we are going to be learning all about apples. While we are learning together, let's remember to:
  - Listen when the instructor is speaking.
  - Raise your hand, one student speaking at a time.
  - Feel free to ask questions, always raise your hand and wait to be called on by instructor.
- **Share:** Food safety is very important to keep ourselves safe. Remember to be sure to always wash hands prior to cooking or serving/handling of food. Wash all fruits and vegetables prior to consumption.
- **Tell students:** "Today we are going to do some apple exploration! Apples have so many health benefits! They are full of fiber which helps your body break down foods, help defend your body against illness, provide your body with natural sugar, and give you a stronger healthier heart!"
- **Ask students:** Can anyone tell me what food group apples belong to?
  - Answer: Fruit
- **Tell students:** Now let's explore more about apples!
- **Divide students:** Into groups of three (or however many works for group size) and pass out an apple to each group as well as the apple crossword and observation sheet.
- **Tell students:** "With your 5 senses were going to take a really good look at this apple! Who can name 1 of the 5 senses? (Pause and allow time for answers until all 5 senses have been named). Now take your apple and observe using all your senses, does it have a smell? How does it feel to the touch? What color is it?" Have students fill out their observation sheets.
- **Ask students:** "What does the apple smell like?" Pause and allow for answers. "How does it feel to the touch?" Pause and allow time for answers. "What does it look like? What color is it? Is there anything else you can notice about how it looks?" Pause and allow time for answers. "What does it sound like? If you tap it or knock on it, what noise does it make?" Pause and allow time for answers. If you have precut tasting samples, feel free to have students take a bite and then ask "What does it taste like? Is it tart? Sweet? Sour?" Pause and allow time for answers.

**If you are holding the demo/tasting portion, continue to next steps. Otherwise skip to last step and review.**

# The 5 Senses Science

Explore The 5 Senses. Choose one item or several to explore.  
Look. Smell. Touch. Listen. Taste. Record your results!



I see....



I smell....



I feel....



I taste....



I hear....

LITTLE BINS  
LITTLE HANDS

# The 5 Senses Science

Explore The 5 Senses. Choose one item or several to explore.  
Look. Smell. Touch. Listen. Taste. Record your results!



I see....

Red



I smell....

Sweet



I feel....

Smooth



I taste....

Sour



I hear....

Crunching

LITTLE BINS  
LITTLE HANDS



# Demonstration/Tasting Option

## Demonstration:

- Have all ingredients laid out in front of you facing the audience.
- Have students identify all ingredients that you have on the table. Share with students how this recipe helps us to get our daily servings of whole grains in each day.
- Assemble oatmeal according to recipe.
  - Questions and topics to share during the demo:
    - As your assembling the recipe, be sure to share what steps you're taking.
    - Share measurements as you're adding.
    - Ask students what they would add or change about the recipe.
    - Ask students if they know what the whole grain ingredient in the recipe is.
    - Share with students that they can prepare this recipe in the microwave.
    - Ask students what their favorite way to eat oatmeal is or what their favorite food to have for breakfast.
- Once complete, share the recipe with students in individual bowls or tasting cups.
- Have students wait till all students have their sample and taste test together.
- Take a poll and have students give thumbs up or thumbs down.

## Tasting

- If you prepared the oatmeal ahead of time portion out samples for each student and pass out.
  - Feel free to use a student volunteer to help pass out samples.
- Have students wait till all students have their sample and taste test together.
- Take a poll and have students give thumbs up or thumbs down.



# Salsa de maíz y frijoles negros

## Ingredientes:

1 lata de maíz en grano entero, integral, escurrido  
1 lata de frijoles negros, enjuagados, escurridos  
4 tomates de pera o Roma, sin semillas, picados  
1/2 cebolla mediana picada  
1/2 taza de cilantro fresco picado  
2 pimientos jalapeños, sin semillas, picados (opcional)  
1/8 taza de jugo de lima  
1/4 cucharadita de sal

## Preparación:

1. Mezcle todos los ingredientes en un bol grande. Tape y refrigere hasta que se sirva.
2. Rinde 5 tazas.

# Corn & Black Bean Salsa

## Ingredients:

1 can whole kernel corn, drained  
1 can black beans, rinsed/drained  
4 plum/Roma tomatoes, seeded/chopped  
1/2 medium onion, chopped  
1/2 cup fresh cilantro, minced  
2 jalapeno peppers, seeded/chopped (optional)  
1/8 cup lime juice  
1/4 teaspoon salt

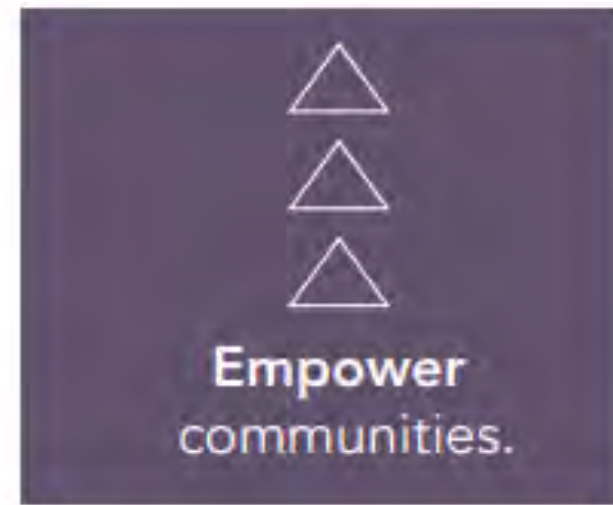
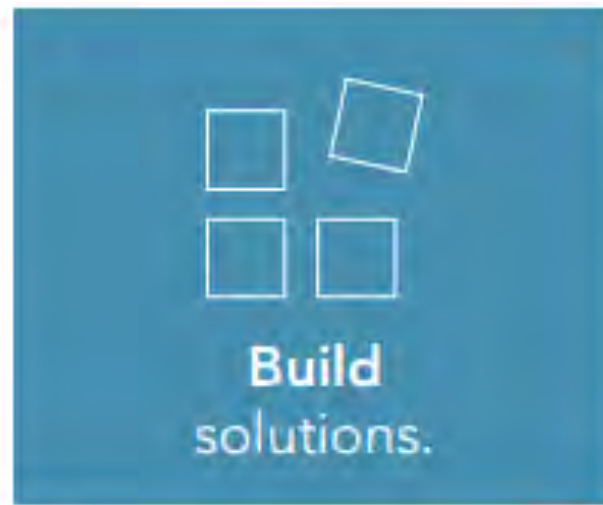
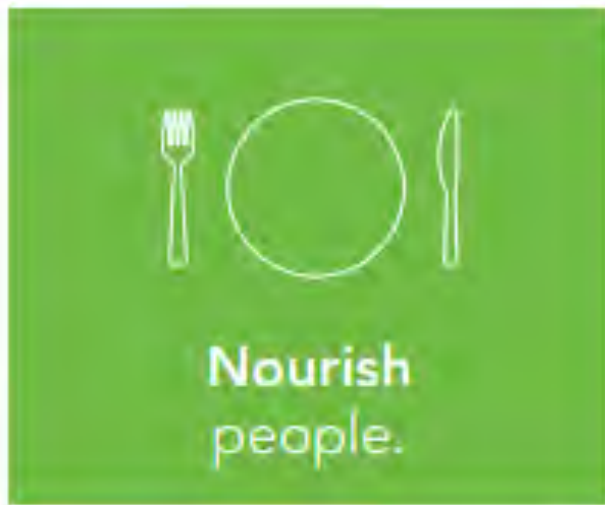
## Directions:

1. In large bowl, combine all ingredients. Cover and refrigerate until serving.
2. Makes 5 cups.





# Our Mission



# Thank you!

**Kathleen Hoolihan, CHES**

**[khoolihan@foodbankcenc.org](mailto:khoolihan@foodbankcenc.org)**

**Belén Rogers, MPH, RD**

**[brogers@foodbankcenc.org](mailto:brogers@foodbankcenc.org)**



**HE IS THE CHEF  
INSTRUCTOR AND PROGRAM  
DIRECTOR FOR  
HEALTHY FAMILIES —  
HEALTHY FUTURES**





**WHO IS  
JOHN LaTOUR?**



# John LaTour

*Chef Instructor- Program Director*

**Healthy Families - Healthy Futures, Eat Healthy NC**



Healthy Families  
Healthy Futures



Healthy Families  
Healthy Futures

Eat   
Healthy  
NC.org

**John LaTour**  
**Chef Instructor – Program Director**





# Who We Are

- Non-Profit Organization (501c3) based in Brunswick Co operating statewide.
- Partnering with communities and organizations to assist low and middle-income families or individuals to plan, shop, cook and eat healthy meals, through **FREE** hands-on cooking classes, video classes and demonstrations.
- Many of our participants receive food benefits (SNAP, WIC, Food Banks) or live, work or go to school in food depressed areas.
- Founded in 4<sup>th</sup> Qtr., 2020 and have delivered 200+ hours of in-person or online classes, videos and demonstrations. We'll cook anywhere, anytime!
- **Our Mission: To promote the healthy lives of families one nutritious meal at a time.**



# Topics That We Cover

---

Meal Planning/Shopping

---

Getting the most from benefits

---

Reading Labels

---

The 4 Big Diet Killers (Sugar, Salt, Fat, Portions)

---

Care Givers as Nutritional Role Models

---

Choosy Eaters

---

Family Dinners

---

Healthy Celebrations

---

Meals on the Go

---

Healthy Cooking with Kids

---

Bringing healthy eating into the classroom

---

Healthy Cooking for Toddlers, Seniors





# Some of our Partners

**Smart Start  
of Wake Co.**

**Smart Start of  
Mecklenburg  
Co.**

**Smart Start  
of New  
Hanover Co.**

**Brunswick County  
Schools – Migrant  
Education Program**

**Guildford  
Partnership for  
Children**

**North Carolina  
Cooperative Extension –  
Brunswick & New  
Hanover Co**

**B.O.N.D. Building  
our Nations Dads –  
Raleigh NC.**

**4-H Club  
Brunswick  
Co.**

**Bethlehem Center  
Head Start,  
Charlotte NC**

**Randolph Co  
Partnership for  
Children**

**Brunswick  
Senior  
Resources Inc.**



# Smart Start of Wake County

Online (Zoom) and In-Person, hands-on cooking classes.

- Healthy Snacks
- Cooking with the kids
- Authors
- Meatless Meals
- Healthy Celebrations
- Breakfast





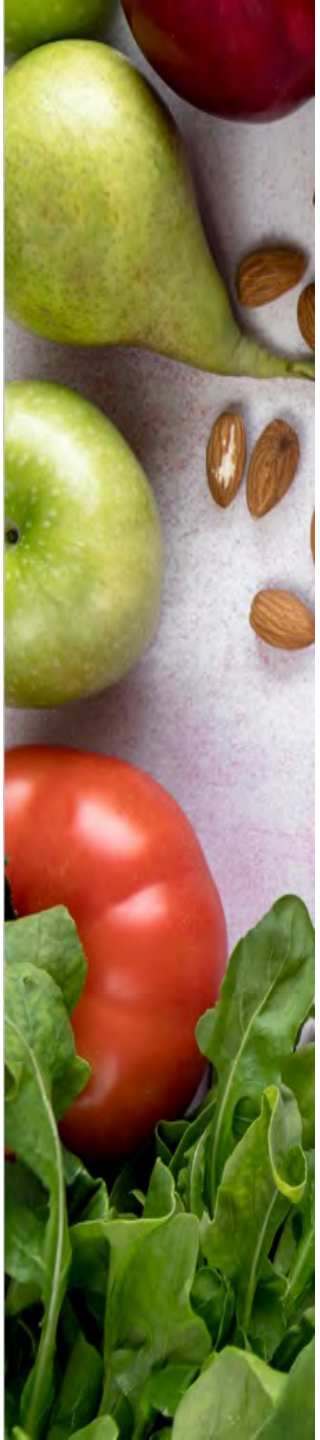


# Fostering Relationships

- Building Our Nations Dads (B.O.N.D) in Raleigh NC focuses on strengthening relationships between non-custodial dads and their children.

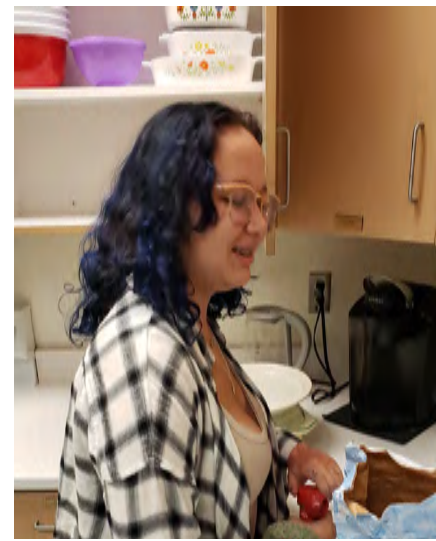
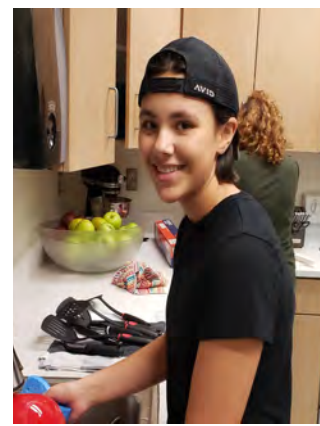






# Encouraging our young people to cook and eat healthy

## 4-H and Expanded Nutrition Education Program



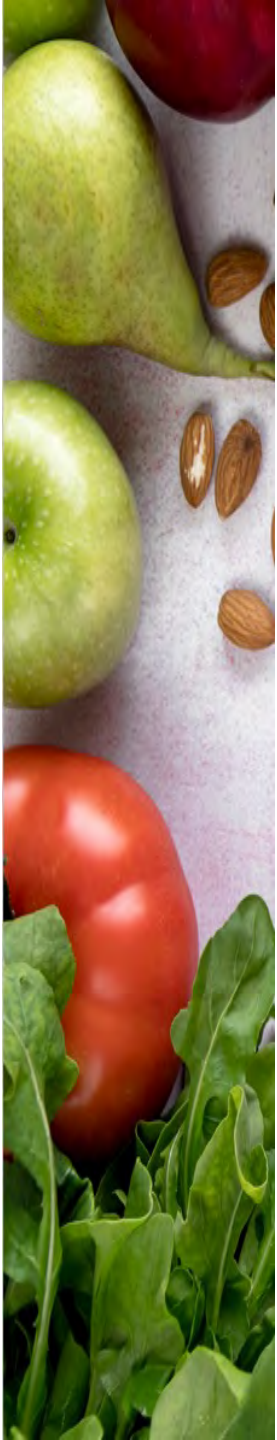




## Brunswick Co Schools – Migrant Education Program

- Some kids traveled 3 hours across the county to attend.
- These amazing kids learned about healthy eating and basic cooking skills





# Teachers and Cooks

Smart Start of New Hanover County

North Carolina Cooperative Extension

Creating a safe eating environment and choosy eaters.







# Our 1<sup>st</sup> Class in Charlotte Since 2020

- Individuals, School and Childcare Staff
- Class filled in 1<sup>st</sup> day of registration
- Amazing Volunteers

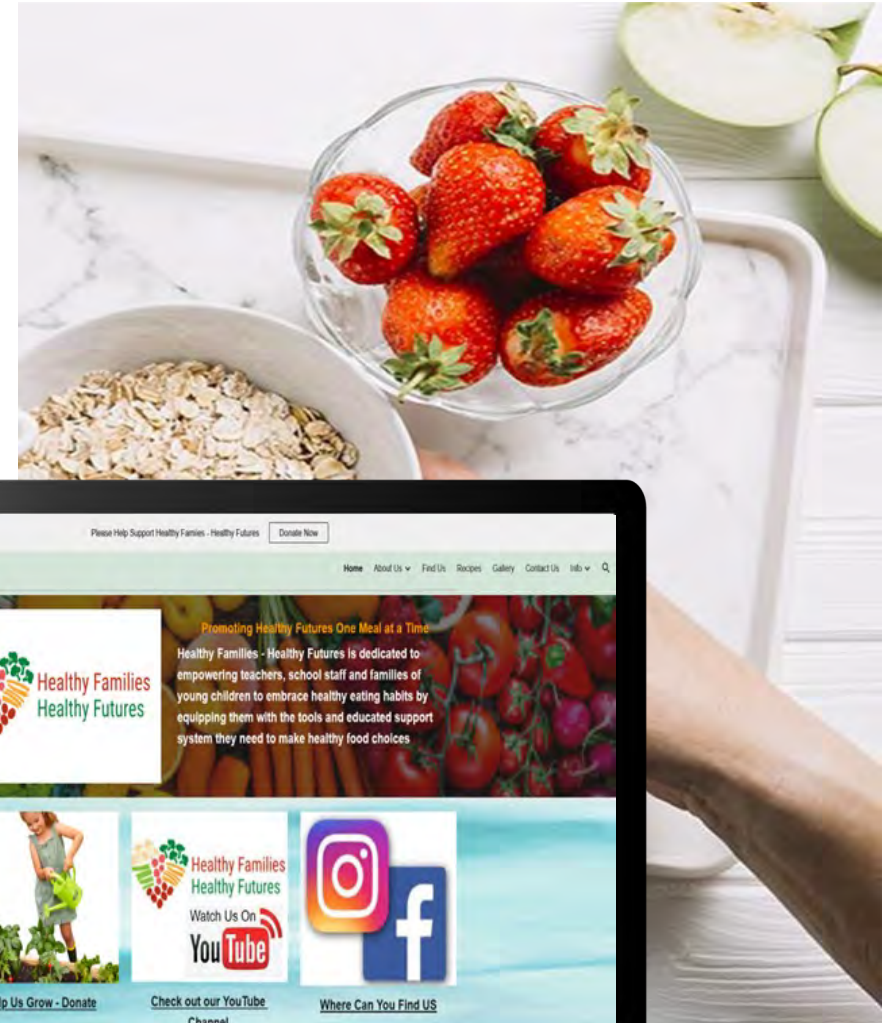




# Thank You!

## Find us Here

- Facebook – Healthy Families – Healthy Futures
- Instagram – healthy\_futures
- Website – [eathealthync.org](http://eathealthync.org)
- You Tube – Healthy Families – Healthy Futures
- Email – [Chefjohn@eathealthync.org](mailto:Chefjohn@eathealthync.org)





CREATIVE PERFORMANCES	SCHOOL NUTRITION	YOUR STORY, YOUR VOICE	NC FOOD SYSTEMS	BUILDING OUR FUTURE	OUT-OF-SCHOOL NUTRITION	NUTRITION EDUCATION	YOUTH ENGAGEMENT
							<b>\$100</b>
							<b>\$200</b>
							<b>\$300</b>
							<b>\$400</b>
							<b>\$500</b>

**GAME ON!** *presents* **JEPARODY**



# **YOUTH ENGAGEMENT**



**BASED IN HALIFAX COUNTY,  
THIS PART OF THE SCHOOL  
MEALS FOR ALL NC  
LEADERSHIP TEAM IS  
ACTIVATING YOUTH POWER  
AND ADVOCATING FOR  
HEALTHY LIFESTYLES IN  
RURAL NC**





**WHAT IS  
A BETTER CHANCE /  
A BETTER COMMUNITY  
(ABC2)?**



# A Better Chance, A Better Community (ABC2)



**Chester Williams**, *Chief Empowerment Officer*

**Makayla Johnson**, *Director of Diversity & Inclusion*

**Maleik Small**, *Director of Health Equity*

**Dylan Dodson**, *Chief Innovation Officer*

**Kelsey Boyd**, *Director of Environmental Justice*



# A Better Chance A Better Community

## NC Child Hunger Conference

WEDNESDAY, FEBRUARY 22, 2023

Changing The World One Community At A Time!



# Mission Statement

Connecting rural communities with resources to activate youth power and advocate for realistic solutions and healthier lifestyles.



Founded in 2012 by Enfield resident Mr. Chester B. Williams, A Better Chance, A Better Community (ABC2) is a nonprofit organization that exists to...

*“empower young people by providing a life skills program that promotes positive values, healthy habits, and education through community development, culture, and awareness—resulting in real life power, World Changers are Game Changers.”*



# Who we are





## ABC<sub>2</sub> Values

- We value youth-led community and systems change.
- We promote community engagement and involvement, especially among those most in need.
- We believe in ensuring equity across all levels, policies and systems.
- We believe in the value, strengths and assets of our communities.



## ABC<sub>2</sub> Values

- We strive to be at the forefront of creating and sustaining a culture of health.
- We believe in transparency, trust and coordination across organizations, communities and counties.
- We envision collective action to create sustainable, economically sufficient, thriving communities.



# THE ELEMENTS OF ABC2



**@abc2nc**



# ABC2 101




RECREATION EQUITY  
HEALTHY FOODS ACCESS MAP  
COMMUNITY WALK AUDITS  
HISTORIC HALIFAX FARMERS MARKET



- 
- ✦ 2 Acre Community Farm
  - ✦ 4-H GROW-K Food Council
  - ✦ SMFA Lead Partner

## Civic Engagement Parties

- Census, Vote/Polls, Vax Equity
  - Redistricting Forums
  - Youth Candidates Forum
  - Lowering NC Voting Age to 16
- 



# **ABC2 Family**

**Makayla Johnson, Director of Diversity & Inclusion**

**Dylan Dodson, Chief Innovation Officer**

**Kelsey Boyd, Director of Environmental Justice**

**Kentwan Williams, Director of Social Justice**

**Maleik Small, Director of Health Equity**

**Terez Heckstall, Leadership & Power Activator**

**Jennifer Gaye, HOPs Coordinator**

**Pat Ponton Farrow, Community Cultivator**

**Lakima Brickell, Healthy Foods Coordinator**

**Maybell Williams, Positive Impact Officer**

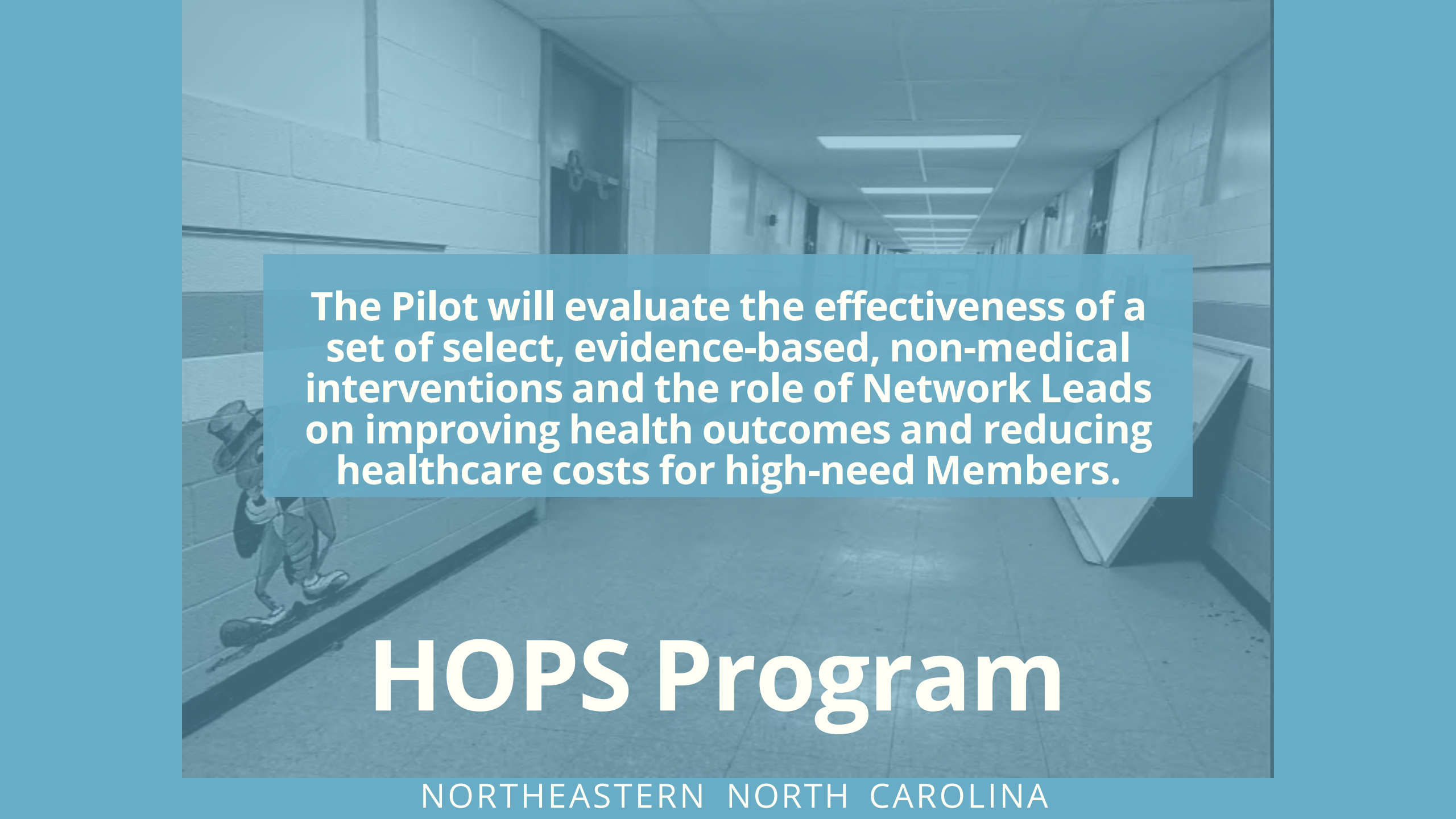
A blue-tinted photograph of a long school hallway. The hallway has a tiled floor, fluorescent lights on the ceiling, and white brick walls. On the left wall, there is a cartoon character of a person wearing a hat and a backpack, walking. The text "Healthy Opportunities" is overlaid in white on a semi-transparent blue rectangle in the center of the image.

# Healthy Opportunities

## Pilot Program

NORTHEASTERN NORTH CAROLINA

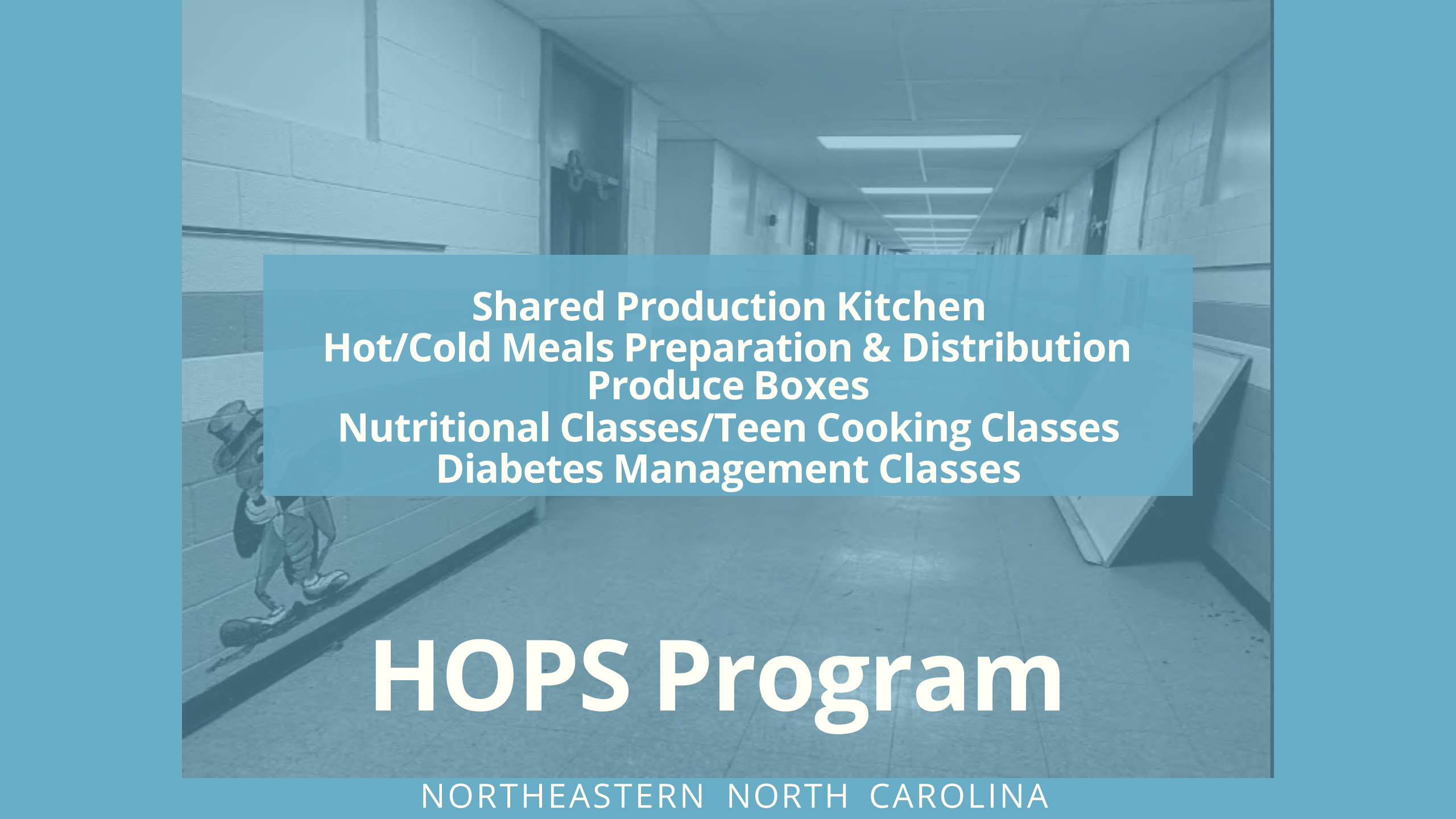




**The Pilot will evaluate the effectiveness of a set of select, evidence-based, non-medical interventions and the role of Network Leads on improving health outcomes and reducing healthcare costs for high-need Members.**

# **HOPS Program**

**NORTHEASTERN NORTH CAROLINA**

A blue-tinted photograph of a long school hallway with a cartoon character on the floor. The hallway has white walls, a tiled floor, and several doors. A cartoon character wearing a hat and a backpack is walking on the floor in the lower-left corner. The text is overlaid on a semi-transparent blue rectangle in the center of the image.

**Shared Production Kitchen  
Hot/Cold Meals Preparation & Distribution  
Produce Boxes  
Nutritional Classes/Teen Cooking Classes  
Diabetes Management Classes**

# **HOPS Program**

**NORTHEASTERN NORTH CAROLINA**





**Access East Inc.**  
**Counties: Beaufort, Bertie, Chowan,**  
**Edgecombe, Halifax, Hertford, Martin,**  
**Northampton, Pitt**  
**Website: <https://www.accesseast.org>**

# **HOPS Program**

**NORTHEASTERN NORTH CAROLINA**

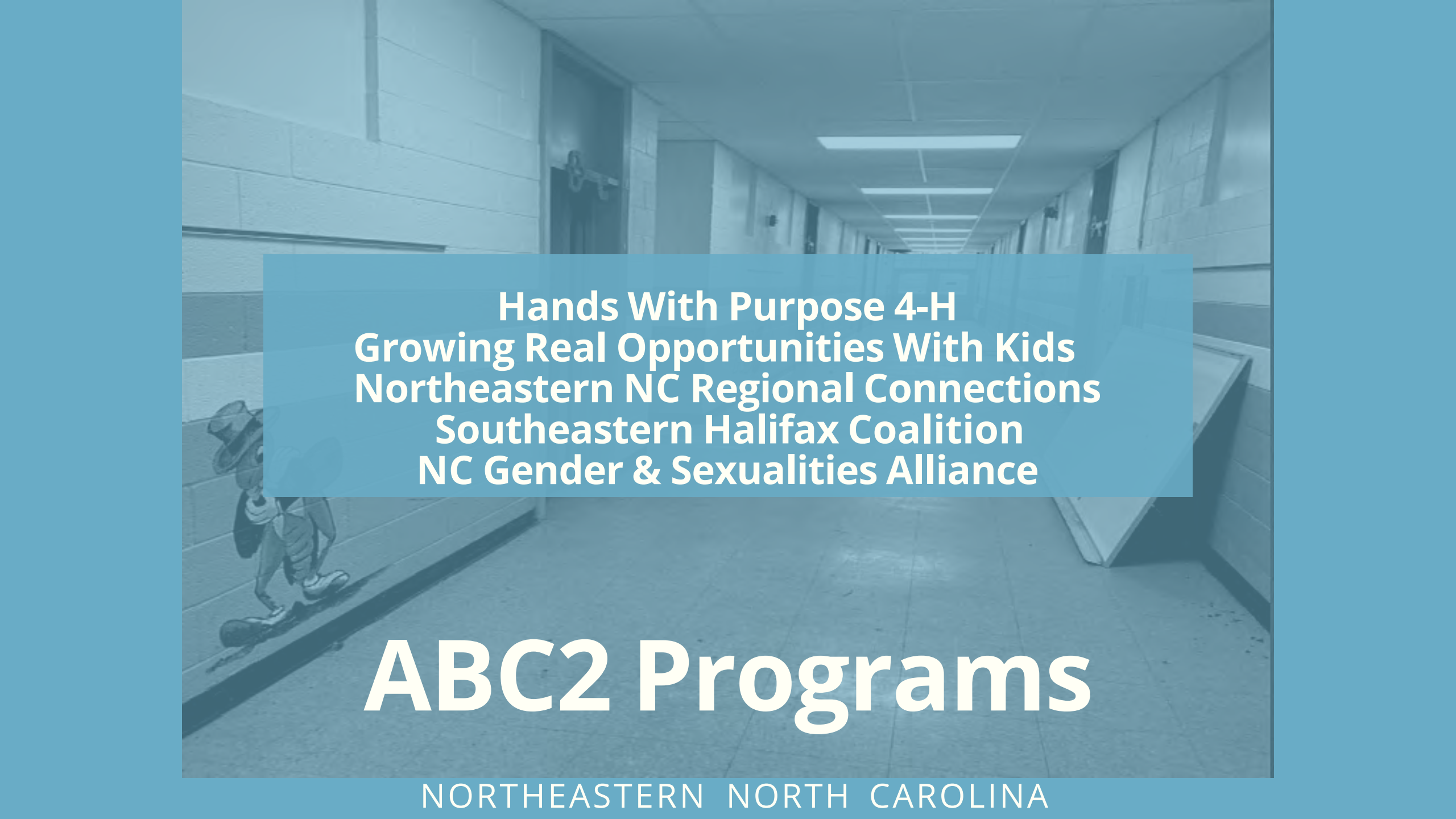
A blue-tinted photograph of a school hallway. The hallway is long and narrow, with white walls and a tiled floor. There are several doors along the walls. In the foreground, a cartoon character wearing a hat and a backpack is walking on the floor. The text is overlaid on a semi-transparent blue rectangle in the center of the image.

**School Meals For All  
Local Foods Assistance Program/FarmSHARE  
American Rescue Plan Act  
Fresh Water Fresh Start  
Statewide Food Council**

# **ABC2 Programs**

**NORTHEASTERN NORTH CAROLINA**



A blue-tinted photograph of a long school hallway with a cartoon character on the floor. The hallway has white walls, a tiled floor, and several doors. A cartoon character wearing a hat and a backpack is walking on the floor in the lower-left corner. The text is overlaid on a semi-transparent blue rectangle in the center of the image.

**Hands With Purpose 4-H  
Growing Real Opportunities With Kids  
Northeastern NC Regional Connections  
Southeastern Halifax Coalition  
NC Gender & Sexualities Alliance**

# **ABC2 Programs**

**NORTHEASTERN NORTH CAROLINA**



# SCHOOL MEALS ARE **BERRY** IMPORTANT!

## Join Us

# Day of Action & Appreciation

## Thursday, March 9, 2023

All day, from wherever you are!

Register here to  
participate in  
activities:



**School Meals  
FOR ALL NC**

To ensure that every child in every public school in North Carolina has access to breakfast and lunch at school at no cost to their families.

[WWW.SCHOOLMEALSFORALLNC.ORG](http://WWW.SCHOOLMEALSFORALLNC.ORG)



# **ACTION PLAN**

**Sign & Share Letter of Support**



**BREAKING THE STIGMA**

# **COLOR RUN**

**March 25, 2023 9am**

**Dawson Resiliency Hub**  
6878 Old 125 Rd. Scotland Neck, NC

**\$2**

**REGISTER NOW**

[bit.ly/ABC2ColorRun](https://bit.ly/ABC2ColorRun)







Be The Change And Activate Your Power

**FOLLOW US ON INSTAGRAM!**

**ABC2NC**

CHANGING THE WORLD ONE COMMUNITY AT A TIME

MAILING ADDRESS

362 Williams Scott Road  
Enfield, NC 27823

EMAIL ADDRESS

[makayla@abc2nc.org](mailto:makayla@abc2nc.org)

PHONE NUMBER

(252) 592.1197

# Thank You





**THIS STUDENT-RUN  
NONPROFIT IS  
REPRESENTED TODAY BY  
ITS EXECUTIVE DIRECTOR  
AND THE WINNING  
STUDENTS OF ITS  
INNOVATION CHALLENGE  
AT ENLOE HIGH**





**WHAT IS  
THE FOOD ARK?**



# The Food Ark



**Yutong Qiu**, Executive Director

*Enloe High School's*

*Innovation Challenge Winning Team:*

**Ruth Uzochukwu**

**Sofia Gore**

**Andres Guzman**

**Hebe Nian**



# The Food Ark



## Overview



- Fight food insecurity in local youths
- Donating, fundraising and educating

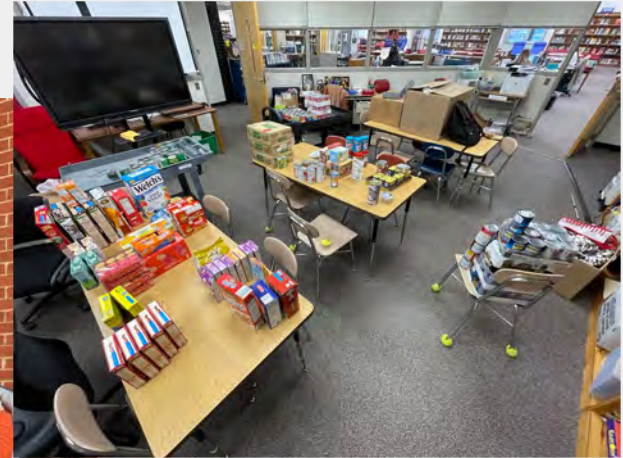


## Education and Fundraising





## Donation and Food Pantries



# Innovation Challenge







Enloe Food Ark  
Innovation  
Challenge

“

This year's  
prompt was  
outreach and  
education...





## Teen Food Insecurity



Adolescents (ages 10-19) face more food insecurity than younger children.



Making sure adolescents have healthy food preparation skills is a crucial component of making sure they are food secure



≠





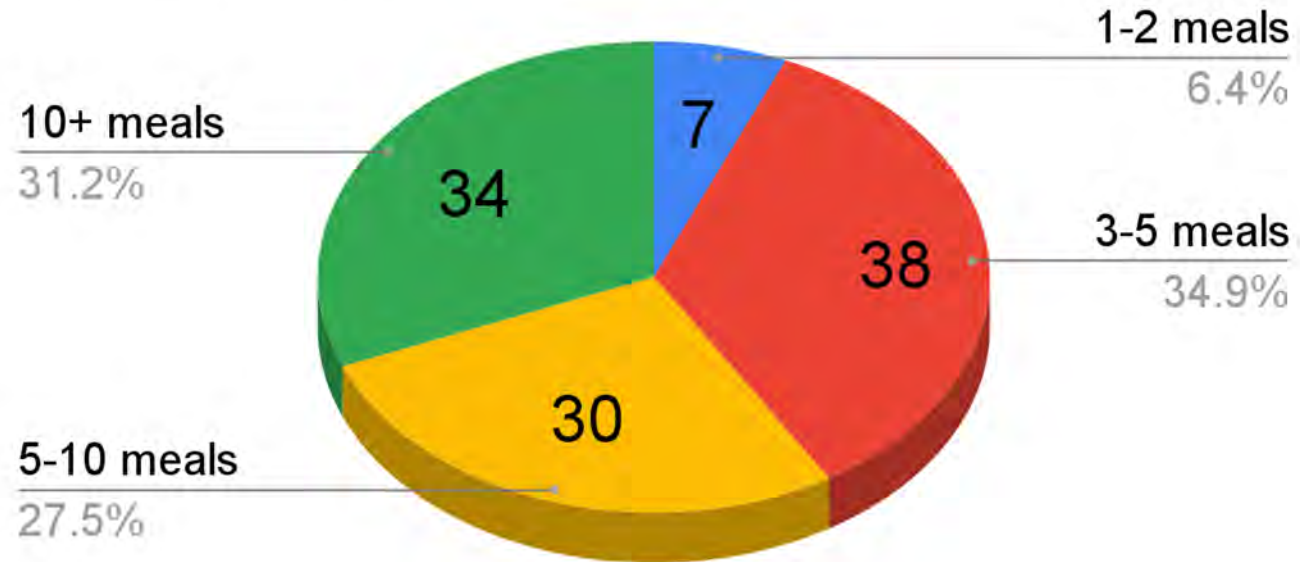


“

the perception of adequate cooking skills in emerging adulthood predicted food preparation behaviors and healthier eating behaviors more than a decade later



### How Many Meals Adolescents Know How to Cook

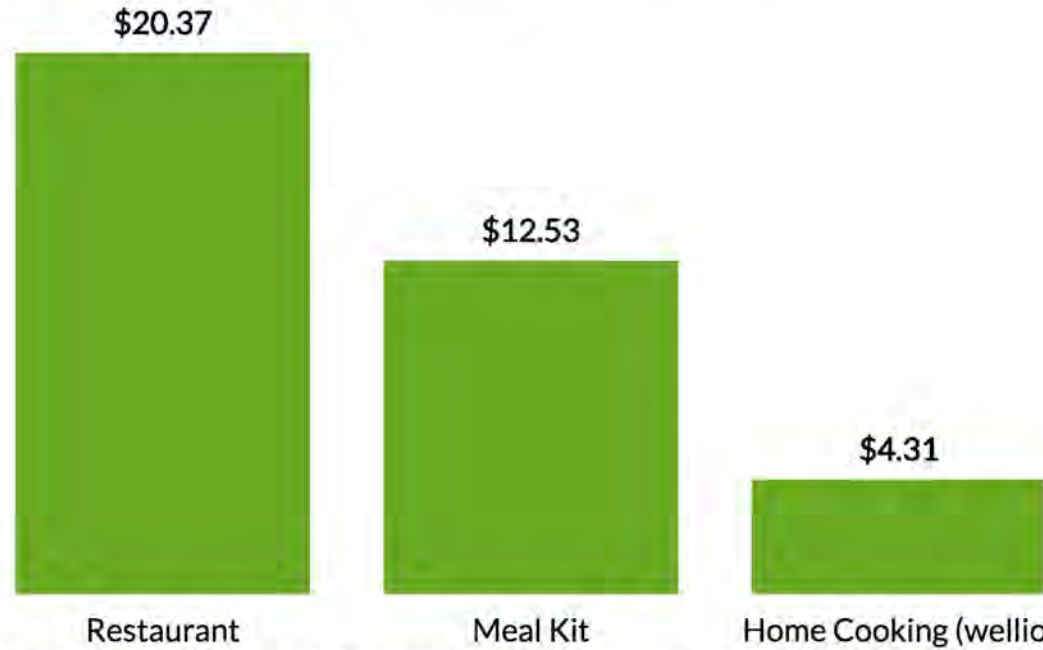


Student Poll



## Cost Comparison: Home Cooking vs Meal Kit vs Restaurant

Average price per serving based on 86 meals



Note: Prices include restaurant delivery fee \$5, meal kit delivery fee \$2.50, wellio delivery is free.

wellio



Cooking at home saves money.

# Our Solution



1

Educational Meetings

2

Cooking Lessons

3

Take-Home Meal Kits





# Educational Meetings



- ◆ 1 hour meetings every quarter
- ◆ Informational presentations
- ◆ Discussions/seminars

## Topics

**Q1**

Accessibility of  
Healthy Eating



**Q2**

Healthy and  
Affordable Grocery  
Shopping



**Q3**

Eating Disorders  
and Healthy Coping  
Mechanisms



**Q4**

Continuing Your  
Cooking Journey



# Cooking Lessons



- ◆ 90 minute meetings every quarter
- ◆ Max of 20 participants
- ◆ Live-streamed on Instagram

## Meals

**Q1**  
Sautéed Vegetable Wraps



**Q2**  
Spaghetti and Cheesy Garlic Bread



**Q3**  
Chile and Healthy Ramen



**Q4**  
Pan Seared Potatoes With Eggs





# Take-Home Meal Kits



- ◆ Interested students can sign up to receive a meal kit
- ◆ We package kits during lunch once a quarter
- ◆ Stored in food pantry



**Nutrition Education  
Strengthens Food  
Security**



**THIS TEAM IS TEACHING  
NUTRITION SKILLS TO HIGH  
SCHOOLERS WITH ITS FUEL  
FOR LIFE CURRICULUM**





**WHO ARE EFNEP YOUTH  
EDUCATORS  
PAULA NORRIS AND  
MEGAN HALBOHM?**



# Megan Halbohm

*Technology and Social Media Extension Associate*

*Expanded Food and Nutrition Education Program (EFNEP)*

**NCSU Department of Agricultural & Human Sciences**



# Paula Norris

*Regional Nutrition Education Associate*

**NCSU Department of Agricultural & Human Sciences**

**NC STATE  
UNIVERSITY**

# EFNEP Youth Education:

**FUEL for LIFE**



## High School Nutrition Curriculum

- o Tommy Hernandez, EFNEP Youth Educator, Durham County Center, NC Cooperative Extension
- o Paula Norris, Regional Nutrition Education Associate, NCSU EFNEP
- o Megan Halbohm, Technology and Social Media Extension Associate, NCSU EFNEP





# Course Alignment



- Health Education
- Foods and Nutrition
- Physical Education
- Exceptional Classrooms
- Others

# Essential Standards



<b>FUEL for LIFE</b> ESSENTIAL STANDARDS	<b>Session 1: Cooking Basics*</b>	<b>Session 2: Nutrition Basics*</b>	<b>Session 3: Bowl Meals*</b>	<b>Session 4: Snack Smart*</b>
<b>Session Goals</b> <i>Goals for the day, as presented to the students</i>	<ul style="list-style-type: none"> <li>Explore basic cooking equipment, common cooking methods and techniques, and tips for the beginner cook.</li> <li>Learn about &amp; practice kitchen / food safety 101.</li> <li>Learn and practice how to read a recipe.</li> </ul>	<ul style="list-style-type: none"> <li>Talk about MyPlate and the different food groups.</li> <li>Practice building balanced meals and snacks.</li> <li>Practice reading a Nutrition Label.</li> <li>Discuss how nutrition needs change over our lives.</li> </ul>	<ul style="list-style-type: none"> <li>Describe the basic technique for creating bowl meals using fruits, vegetables, grains, proteins, and healthy fats.</li> <li>Understand the nutrition benefits of bowl meals.</li> <li>List alternatives to common bowl meal ingredients to meet different needs.</li> <li>Design a bowl meal that you could make to meet a variety of different needs.</li> </ul>	<ul style="list-style-type: none"> <li>Talk about how snacks fit into a balanced diet.</li> <li>Learn what makes a good snack.</li> <li>Plan quick and easy snacks that can fuel your day.</li> </ul>
<b>Course Alignment (Health Education)</b>	<p><b>9.PCH.1.1</b> Recognize that individuals have some control over risks for communicable and chronic diseases.</p> <p><b>9.PCH.1.4</b> Design strategies for reducing risks for chronic diseases.</p>	<p><b>9.NPA.2.2</b> Recall the number of servings recommended from each food group and the need for balanced nutrition.</p> <p><b>9.NPA.1.3</b> Recognize the benefits of folic acid and other vitamins and minerals.</p>	<p><b>9.NPA.1.2</b> Organize meal plans to meet special dietary needs for athletes, pregnant women, diabetics and those experiencing allergies.</p> <p><b>9.NPA.2.1</b> Plan vegetarian diets that are balanced and nutrient dense.</p>	<p><b>9.NPA.2.2</b> Recall the number of servings recommended from each food group and the need for balanced nutrition.</p> <p><b>9.NPA.4.3</b> Implement a personal plan to improve current habits to achieve balanced nutrition and fitness.</p>
<b>Course Alignment (Food and Nutrition 1)</b>	<p><b>NCCTE.2018.FN41.02.00</b> Understand fundamentals of food preparation.</p> <p><b>NCCTE.2018.FN41.03.00</b> Understand procedures, nutrition, and cooking methods in food preparation.</p>	<p><b>NCCTE.2018.FN41.01.02</b> Understand guidelines for healthy eating.</p>	<p><b>NCCTE.2018.FN41.06.03</b> Apply methods to prepare healthy meals.</p> <p><b>NCCTE.2018.FN41.06.00</b> Apply methods for meal planning and preparation.</p>	<p><b>NCCTE.2018.FN41.01.02</b> Understand guidelines for healthy eating.</p>



# Essential Standards



	Session 5: Eating Out*	Session 6: Fuel with a Purpose*	Session 7: Microwave Meals	Session 8: Handheld Meals
<b>Session Goals</b> <i>Goals for the day, as presented to the students</i>	<ul style="list-style-type: none"> <li>• Discuss the benefits and drawbacks of eating out.</li> <li>• Discuss ways to improve the nutrition of your favorite restaurant meals.</li> <li>• Review MyPlate principles and the importance of looking at the big picture of nutrition.</li> </ul>	<ul style="list-style-type: none"> <li>• Explain how different situations like athletics or stress affect nutritional needs.</li> <li>• Understand the importance of hydration.</li> <li>• Discuss when and if vitamins and supplements are necessary.</li> <li>• Review common health conditions that impact nutrition.</li> <li>• Make a plan for how to meet your personal nutrition needs.</li> </ul>	<ul style="list-style-type: none"> <li>• Learn which types of foods are and are not suitable for microwave cooking.</li> <li>• Review food safety and necessary precautions when using a microwave to prepare meals.</li> <li>• Plan balanced meals that can be prepared in the microwave.</li> </ul>	<ul style="list-style-type: none"> <li>• Describe the basic components of delicious and healthy Handheld Meals.</li> <li>• Review examples of handheld meals.</li> <li>• Learn how to prep ingredients to use for multiple meals.</li> </ul>
<b>Course Alignment (Health Education)</b>	<b>9.NPA.4.3</b> Implement a personal plan to improve current habits to achieve balanced nutrition and fitness.	<b>9.NPA.1.1</b> Attribute the prevention of chronic diseases to healthy nutrition and physical activity. <b>9.NPA.1.2</b> Organize meal plans to meet special dietary needs for athletes, pregnant women, diabetics and those experiencing allergies.	<b>9.PCH.1.1</b> Recognize that individuals have some control over risks for communicable and chronic diseases. <b>9.NPA.4.3</b> Implement a personal plan to improve current habits to achieve balanced nutrition and fitness.	<b>9.NPA.4.3</b> Implement a personal plan to improve current habits to achieve balanced nutrition and fitness. <b>9.NPA.1.1</b> Attribute the prevention of chronic diseases to healthy nutrition and physical activity.
<b>Course Alignment (Food and Nutrition 1)</b>	<b>NCCTE.2018.FN41.01.02</b> Understand guidelines for healthy eating.	<b>NCCTE.2018.FN41.01.00</b> Understand the relationship between food choices and health.	<b>NCCTE.2018.FN41.02.02</b> Understand safe food handling procedures.	<b>NCCTE.2018.FN41.01.01</b> Remember influences on food choices.

# Lessons



Lesson 1: **Cooking Basics**

Lesson 2: **Nutrition Basics**

Lesson 3: **Bowl Meals**

Lesson 4: **Snack Smart**

Lesson 5: **Eating Out**

Lesson 6: **Fuel with a Purpose**

**Supplemental Lessons -**

*Lesson 7: Microwave Meals*

*Lesson 8: Handheld Meals*





### FUEL for LIFE Smoothies

Smoothies can be a refreshing and fueling snack or breakfast! Drink them on-the-go or serve them in a bowl with toppings for a fun smoothie bowl. Follow the four easy steps below to build your perfect smoothie. Circle or write in one choice per row to build the perfect smoothie.

**Toppings:** 1 Tablespoon

**Add-ins:** 1/8-1/2 Cup

**Liquid:** 1/2-1 Cup

**Start Here:** 1 Cup

### Easy Fruit Salad

Serves 10 | Serving size: 1.2 cup

**Ingredients:**

- 1 (20-ounce) can pineapple chunks in juice, drained
- 1 (15-ounce) can fruit cocktail in juice, drained
- 2 small bananas, sliced
- 1 (8-ounce) non-fat, low sugar yogurt

**Directions:**

- Drain pineapple chunks and fruit cocktail.
- Wash, peel and slice bananas.
- Mix fruits and yogurt together.
- Cover and chill until ready to serve.

**Customization Ideas:**

- 2 cups cantaloupe, cut into bite size pieces
- 1 cup strawberries, quartered
- 1 cup apple, cut into bite size pieces

**Nutrition Facts**

Calories	100
Total Fat	2g
Total Carbohydrate	20g
Protein	2g

Lesson Notes

### FUEL for LIFE Bowl Meals

Great way to use up leftovers or other items you have on hand. Easy to prep or cook in advance for meals later in the week. Time-saving: A great bowl can come together in just minutes. Customizable: Use what you have on hand and adapt recipes to fit your needs and preferences.

Southwest Bowl	Breakfast Bowl	Noodle Bowl
<b>Condiments and Toppings:</b> Cheddar cheese, Salsa, Greek yogurt	<b>Condiments and Toppings:</b> Cheddar cheese, Greek yogurt	<b>Condiments and Toppings:</b> Honey, Soy sauce, Garlic
<b>Protein:</b> Cooked lean ground beef	<b>Protein:</b> Scrambled egg	<b>Protein:</b> Shredded chicken
<b>Vegetables and Fruits:</b> Avocado, Tomatoes, Lettuce, Corn	<b>Vegetables and Fruits:</b> Spinach, Bell peppers and onions	<b>Vegetables and Fruits:</b> Carrots, Green onions, Shredded cheddar cheese
<b>Base:</b> Brown rice	<b>Base:</b> Oats	<b>Base:</b> Shredded cheddar cheese

### FUEL for LIFE

mindfulness

### PEANUT BUTTER

1/2 CUP

### Bowl Meals

There are many different types of bowl meals.

- Workbook
- PowerPoint Slides
- Recipe Videos
- Extra Recipes
- Built-in Activities
- Exit Ticket
- Certificates

# Cooking Basics

## Taste Test

Recipe: \_\_\_\_\_

For each of the following areas, rate the recipe from 1 to 7 (*where 1 = I don't like it and 7 = I love it*):

<b>Taste:</b>	1	2	3	4	5	6	7
<b>Texture:</b>	1	2	3	4	5	6	7
<b>Smell:</b>	1	2	3	4	5	6	7
<b>Look:</b>	1	2	3	4	5	6	7

One thing I liked about this recipe: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_One thing I would change about this recipe: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Goal Setting

1. One thing that I learned today is \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_2. One question I have about what we learned today is \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_3. I plan to use what I learned today by \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Exit Ticket:

Each lesson includes a workbook page designed to be used as an Exit Ticket



# Recipe Videos



# Recipe Videos





# Feedback



**“This was an awesome experience for our students. It was an opportunity to get the information and practice by applying when cooking and serving the food.”**

**– 9th grade health teacher**

**“Wonderful learning experience for my students!”**

**– Foods and Nutrition 1 teacher**

**“The teachers have stated that the students really enjoyed class, and are looking forward to the following sessions. I really could not have asked for a better experience...”**

**– EFNEP Paraprofessional**

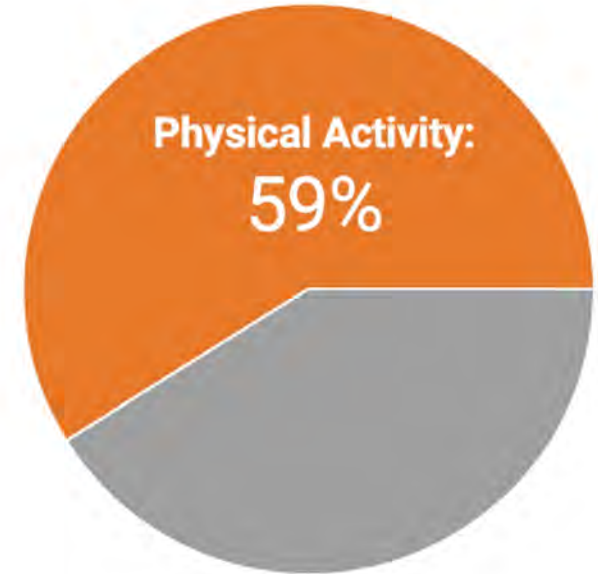
# Impacts



Children and youth improve their abilities to choose foods according to Federal Dietary Recommendations or gain knowledge.



Children and youth use safe food handling practices more often or gain knowledge.



Children and youth improve their physical activity practices or gain knowledge.



# How to participate



**Email:**

[northcarolinaefnep@ncsu.edu](mailto:northcarolinaefnep@ncsu.edu)

**Visit:**

<https://ncefnep.org/locations/>

to find a location near you



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The Findings and Conclusions in this Presentation Have Not Been Formally Disseminated by the U.S. Department of Agriculture and Should Not Be Construed to Represent Any Agency Determination or Policy. The Expanded Food and Nutrition Education Program (EFNEP) is funded by the U.S. Department of Agriculture, National Institute of Food and Agriculture (USDA/NIFA). USDA is a equal opportunity provider and employer.





**THIS GROUP OF  
EDUCATORS, INCLUDING A  
FORMER NC TEACHER OF  
THE YEAR, IS USING THE  
UNITED NATIONS' ZERO  
HUNGER GOAL AS A  
TEACHING TOOL**





**WHO ARE  
FREEBIRD McKINNEY,  
CLAIRE SULLIVAN, AND  
KATIE WARE?**



# Freebird McKinney

*2018 NC Teacher of the Year*

*Director of Partnership Development*

**Participate Learning**



**Participate  
Learning**<sup>SM</sup>

Uniting Our World

# Claire Sullivan

*Magnet Coordinator*

**Wiley International Studies Magnet Elementary**



# Katie Ware

*Assistant Principal*

**Wiley International Studies Magnet Elementary**



**Participate  
Learning**<sup>SM</sup>

Uniting Our World



# **Change Your Classroom, Change The World: The Story of Wiley International Studies Magnet Elementary**

**NC Child Hunger Leaders Conference  
The Friday Center at UNC-Chapel Hill**

**Claire Sullivan- Magnet Coordinator at Wiley International Magnet Elementary  
Katie Ware- Assistant Principal at Wiley International Magnet Elementary**



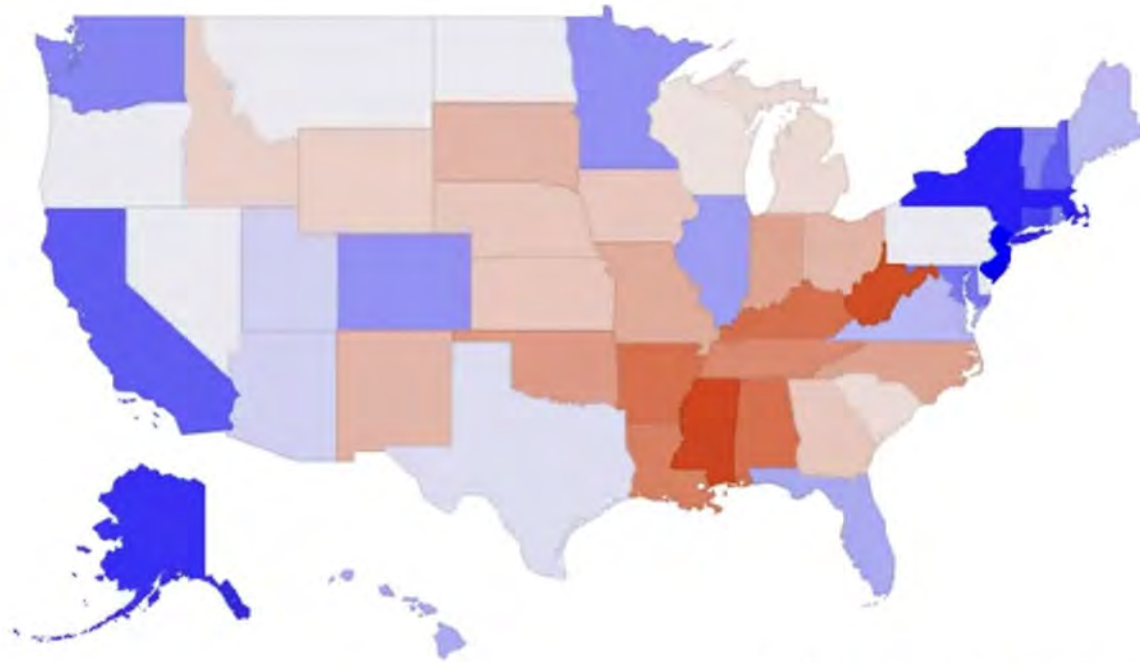



**“We have to teach  
our kids to live in a  
big world, even if  
they live in a small  
town.”**

**— Stacie Berdan**

# How Do We Provide the POSSIBILITY . . .

## Passports in America



% of residents with a passport  
15%  55%

# 36%

**OF AMERICANS HOLD A VALID PASSPORT,** according to the State Department, compared to 60% of passport-holding Canadians and 75% for Brits and Aussies.\*

That means nearly 2/3rds of Americans aren't ready for international travel!







**Pay attention.  
Feel connected.  
Take action.**

# Global Leaders are learners who...



**Pay attention.  
Feel connected.  
Take action.**



## **Pay attention to what is going on in the world.**



### **Understanding of global issues**

I understand the causes, impacts, and connections between issues like poverty, equity, and climate change.



### **Intercultural understanding**

I know that culture is a way of life that connects people and that cultures have differences and similarities all over the world.

## **Feel connected to the world and the people in it.**



### **Curiosity**

I genuinely want to learn about the world.



### **Valuing differences**

I learn from people who are different from me.



### **Global connection**

I am part of a larger world and am responsible for it.



### **Self-awareness**

I reflect on the people and experiences that have made me who I am.

## **Take action to make the world a better place for everyone.**



### **Critical thinking**

I can solve tough problems.



### **Empathy**

I can see things from other people's perspectives.



### **Flexibility**

I can adapt and learn from mistakes.



### **Communication**

I can understand and express myself with different kinds of people.



# In order to achieve a more just, sustainable, and united world...



# Profile of a Global Leader

As students engage in global learning, they develop a combination of attitudes, skills, and knowledge that demonstrate **10 core competencies**. These competencies empower learners to pay attention to the world, feel connected, and take action to make it a better place.

## What does it mean to be a global leader?



...we need to educate and empower this new generation of global leaders.





2 ZERO HUNGER



END HUNGER, ACHIEVE FOOD SECURITY AND IMPROVED NUTRITION AND PROMOTE SUSTAINABLE AGRICULTURE



MILLIONS MORE ARE LIVING IN HUNGER



821 MILLION WERE UNDERNOURISHED IN 2017

UP FROM

784 MILLION IN 2015

TWO THIRDS

OF EXTREMELY POOR EMPLOYED WORKERS WORLDWIDE ARE AGRICULTURAL WORKERS



TWO THIRDS

OF UNDERNOURISHED PEOPLE WORLDWIDE LIVE IN TWO REGIONS:

SUB-SAHARAN AFRICA



237 MILLION

SOUTHERN ASIA



277 MILLION



22% (149 MILLION) OF CHILDREN UNDER 5 ARE STUNTED



5.9% (40 MILLION) OF CHILDREN UNDER 5 ARE OVERWEIGHT



7.3% (49 MILLION) OF CHILDREN UNDER 5 ARE AFFECTED BY WASTING

# 2 ZERO HUNGER

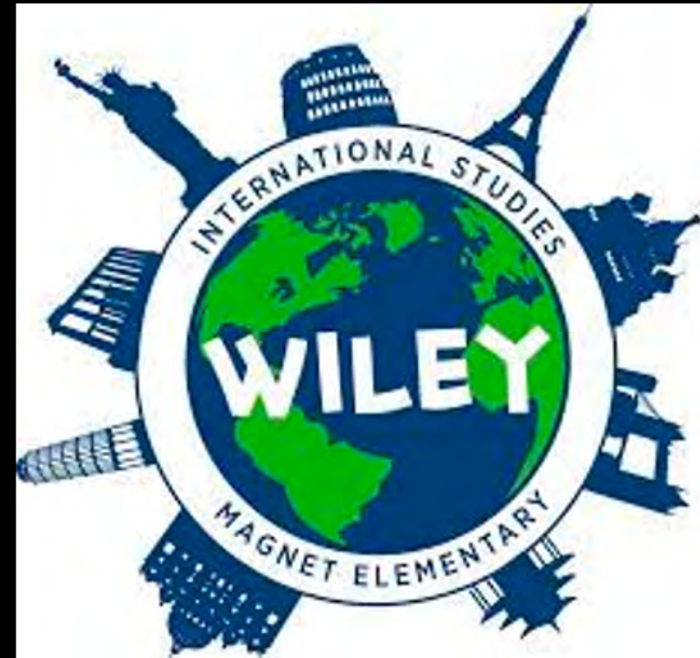


***“Global is Local.  
Local is Global.”***





# The Story of Wiley International Studies Magnet Elementary



# Seeds of Change Guatemalan Gardens



As an extension to students learning about area and perimeter, their classroom teacher and I collaborated on this Seeds of Change project. Students learned about the food insecurity issues worldwide and developed a school garden plan to help.

## Guatemala



## Food Insecurity

- Millions of children face food insecurity worldwide.
- Sometimes a child's only source of food is their school meal.
- More than half the population in Guatemala live in poverty. They have one of the world's highest rates of child malnutrition.
- One of the solutions that groups have come up with is to create a school garden.





CGHahner @CGHahner · May 30, 2019

#WileyGivesBack collected 452lbs of food or about 380 meals for our fellow students this summer! Thank you 4th graders for using your learning to take action and lead our school! @wileyprincipal @TeachSDGs @wileyelementary @FoodBankCENC @WileyAIG @wcpssmagnets

**WILEY 4TH GRADERS PRESENT:**

**THE GLOBAL GOALS**  
For Sustainable Development

1 NO POVERTY	2 ZERO HUNGER	3 GOOD HEALTH AND WELL-BEING	4 QUALITY EDUCATION	5 GENDER EQUALITY	6 CLEAN WATER AND SANITATION
7 AFFORDABLE AND CLEAN ENERGY	8 DECENT WORK AND ECONOMIC GROWTH	9 INDUSTRY, INNOVATION AND INFRASTRUCTURE	10 REDUCED INEQUALITIES	11 SUSTAINABLE CITIES AND COMMUNITIES	12 RESPONSIBLE CONSUMPTION AND PRODUCTION
13 CLIMATE ACTION	14 LIFE BELOW WATER	15 LIFE ON LAND	16 PEACE, JUSTICE AND STRONG INSTITUTIONS	17 PARTNERSHIPS FOR THE GOALS	THE GLOBAL GOALS

**WILEY GIVES BACK**  
May 20th - 24th 2019

1/photo/1

<b>FRIDAY</b> <b>12/9</b>	<b>10</b> REDUCED INEQUALITIES	<b>PAJAMA DAY!</b> To kick off our week of giving, we will collect toiletries to donate to the Women's Center.
<b>MONDAY</b> <b>12/12</b>	<b>3</b> GOOD HEALTH AND WELL-BEING	<b>ATHLETIC WEAR DAY!</b> Wear athletic wear to promote good health and well-being. Students will practice wellness activities!
<b>TUESDAY</b> <b>12/13</b>	<b>4</b> QUALITY EDUCATION	<b>BOOK CHARACTER DAY!</b> To promote reading and our book drive for Wake Up and Read, dress as your favorite book character!
<b>WEDNESDAY</b> <b>12/14</b>	<b>1</b> NO POVERTY	<b>TACKY SWEATER DAY!</b> Wear your favorite tacky style and bring in hats, scarves, and gloves for the Men's South Wilmington St. Center.
<b>THURSDAY</b> <b>12/15</b>	<b>2</b> ZERO HUNGER	<b>TIE DYE AND TINSEL!</b> Dress in your favorite Tie Dye or Tinsel attire for Wiley's Spirit Night @ Mellow Mushroom, & bring in food items for the NC Food Bank!
<b>FRIDAY</b> <b>12/16</b>	<b>15</b> LIFE ON LAND	<b>WILEY WEAR DAY!</b> Wear your favorite Wiley shirt and participate in a campus clean-up. Students are collecting specific items for the Gardens and Grounds committee.





# 1st graders gleaning for the NC Food Bank







## Rise Against Hunger

# Thanks!

Thank you for listening to our  
journey!



Claire Sullivan- Magnet Coordinator at Wiley International Magnet Elementary  
Katie Ware- Assistant Principal at Wiley International Magnet Elementary



CREATIVE  
PERFORMANCES

SCHOOL  
NUTRITION

YOUR STORY,  
YOUR VOICE

NC FOOD  
SYSTEMS

BUILDING OUR  
FUTURE

OUT-OF-SCHOOL  
NUTRITION

NUTRITION  
EDUCATION

YOUTH  
ENGAGEMENT

**GAME ON!** *presents* **JEPARODY**



**FINAL**

**JEOPARDOY**



**AN ACTION I WILL TAKE TO  
SAY “GAME ON!” TO THE  
CHILD HUNGER CHALLENGE**



**WHAT IS,**

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**WHAT IS,  
WRITING MY LEGISLATOR  
ABOUT CHILD HUNGER  
ISSUES?**



**WHAT IS,  
PARTICIPATING IN THE  
SCHOOL MEALS FOR ALL NC  
DAY OF ACTION ON  
MARCH 9?**



**WHAT IS,  
FORMING A NEW  
PARTNERSHIP TO EXPAND  
OUR WORK?**



**WHAT IS,  
SHARING MY CHILD  
HUNGER LEADER STORY  
WITH A LOCAL  
STAKEHOLDER?**



**AN ACTION I WILL TAKE TO  
SAY “GAME ON!” TO THE  
CHILD HUNGER CHALLENGE**

**WHAT IS,**

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?





*Time for the Door Prize Drawing!*





*THANK YOU for Coming*



*THANK YOU to Our Conference Sponsors*

