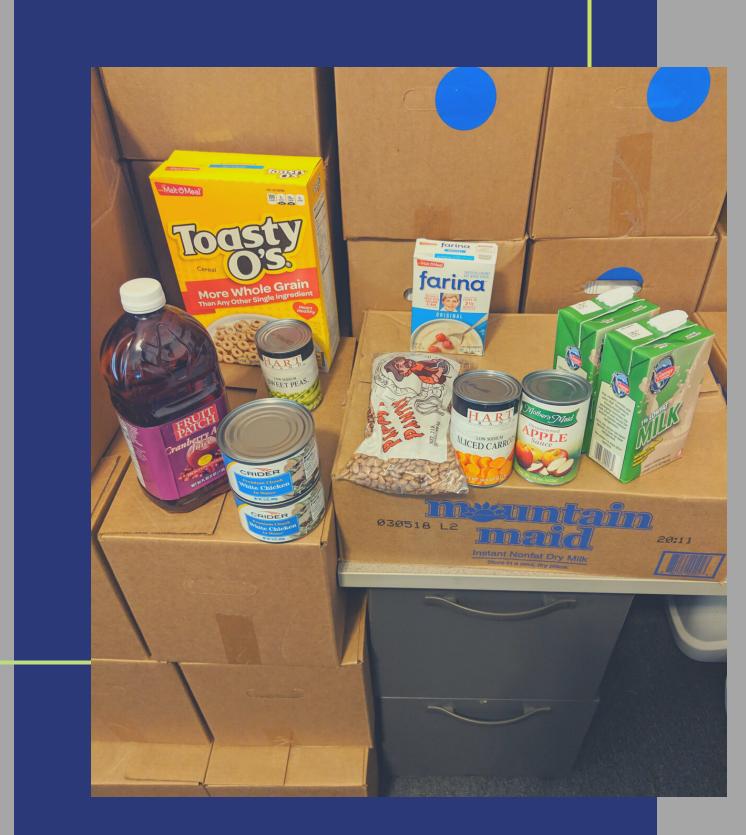
HEALTHY FOOD PANTRY



Combines food bank hunger relief efforts with healthy initiatives to provide nutrition information and healthy eating opportunities for low income individuals and families. To be categorized as a healthy food pantry, the organization must have:

- tailored messaging
- tastings, and/or, recipes, and/or, demos
- nudges/nutrition tips

Policy changes that support healthy initiatives and the implementation of client choice is also encouraged.



COORDINATED APPROACH TO CHILD HEALTH

CATCH Kids Club

CATCH Kids Club (CKC) is a nutrition education and physical activity program designed for elementary and middle schoolaged children (grades K-8) in an after-school or summer setting. Program includes:

- Physical activity lessons
- Nutrition education
- Program materials

Program is capable of expansion to PE, classrooms, and cafeteria settings.



link to more information: https://catchinfo.org/programs/after-school/



WALKWISE NC

WWNC

8 week walking program designed to promote physical activity, increase social support, an provide an avenue to advocate for policy change. At the the of each week, participates receive a related incentive to encourage and congratulate their steps. This program is open to community organizations, work sites, schools, and churches. To start groups need:

- 1 walk leader
 - o complete walk leader training
- 1 host site
- A group of 5 dedicated walkers

Over 380 people have participated so far. Sign your group up today!





COOKING MATTERS AT THE STORE

(CMATS)

Guided grocery store tour that teaches low-income adults how to get the most nutrition for their food dollars

- During the 1.5 hour-tour, participants are empowered with four key food skills:
 - Reading food labels
 - Comparing unit prices
 - Finding whole grain foods
 - Identifying three ways to purchase produce
- Cooking Matters at the Store often ends in the \$10 Challenge, an activity where participants use the skills they've just learned to buy a healthy meal for a family of four, for under \$10.



KIDS IN PARKS TRACK TRAILS

KIP

Kids in Parks is an expanding network of family-friendly outdoor adventures called TRACK Trails. Each TRACK Trail features self-guided brochures and signs that turn your visit into a fun and exciting outdoors experience. Prizes are awarded when participants log their hike online

- Pitt County has 4 trails
 - Alice Keene Park Winterville
 - River Park North Greenville
 - Trevathan Pond Fountain
 - o John Lawson Trail Grifton
- TRACK Rx: created to help kids and families learn how spending time in nature improves their overall health.

