

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 school-aged 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/>

CATCH[®]
COORDINATED APPROACH TO CHILD HEALTH

HEALTHY LIFESTYLES

WALKWISE NC

WWNC



8 week walking program designed to promote physical activity, increase social support, and provide an avenue to advocate for policy change. At the end of each week, participants 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
 - 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
 - John Lawson Trail - Grifton
- **TRACK Rx:** created to help kids and families learn how spending time in nature improves their overall health.

