

North Carolina NET Program

The N.C. Nutrition Education and Training (NET) Program in the N.C. Division of Public Health works with numerous state- and local-level partners to provide nutrition education training and resources for students, families, educators and food service personnel. The NET Program strives to:

- Encourage good eating habits and teach children the relationship between food and health.
- Support healthful school environments through implementation of Local Wellness Policy.
- Train food service personnel in nutrition and to encourage the connection of the classroom to the cafeteria as an environment for learning about food and nutrition.
- Instruct educators in nutrition education and in the use of the cafeteria and food service settings as learning laboratories.
- Develop appropriate educational materials and curricula.

NET develops materials for statewide use and disseminates them at no cost through workshops, program partners and numerous Web sites.

For More Information

All resources described in this brochure, as well Web links, National Nutrition Month handouts, and information about the NET Lending Library, can be found at the N.C. Nutrition Services Web site, www.nutritionnc.com.

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Division of Public Health - Nutrition Services Branch



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N.C. Nutrition Education and Training Program

Resources for Local Wellness Policy

Successful Students Eat Smart and Move More



Successful Students Eat Smart and Move More is a social marketing intervention intended to create a buzz around Local Wellness Policy, so that policies are implemented, monitored, evaluated, discussed regularly and modified as needed to meet the changing needs of schools.

What does Successful Students include?

Resources that support the requirements of the Local Wellness Policy are available electronically and can be downloaded at:

- www.NCAActionForHealthyKids.org
- www.nutritionnc.com

Who should use Successful Students?

Successful Students is for anyone who advocates for healthy school environments. This can include school administrators, educators, Child Nutrition personnel, parents and families, students, community leaders, industry representatives and policy makers.

How is Successful Students used?

To educate and advocate for strong, effective Local Wellness Policies with school board members, superintendents, PTA parent members and School Health Advisory Councils (SHAC).

Resources for the Classroom

Food for Thought

Food for Thought is a K-5 curriculum that allows for teaching the nutrition objectives of the Healthful Living Standard Course of Study while integrating the concepts of healthy eating and physical activity into math and English language arts. Each of the 35 lessons includes objectives, teacher resources, materials list, handouts, focus, teacher input, and practice and assessment. Download lesson plans at www.nutritionnc.com.



Fruit and Veggie Nutrition Education

Several resources are available to promote eating more fruits and vegetables. A manual for K-5 teachers includes 10 lesson plans that follow the same format as the Food for Thought lessons. A general resources manual includes success stories, presentations, resources for families, resources for cafeteria staff, and evaluation tools. **Fruit and Veggie Fun for Every Season** is a booklet to help teach young children about the importance of eating fruits and veggies every day.

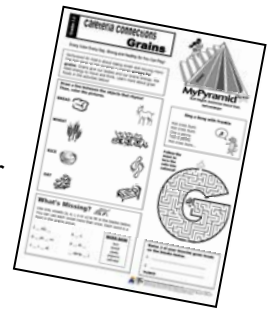


All the fruit and veggie resources can be downloaded at www.nutritionnc.com.

Resources for the Cafeteria

Food for Thought: Making the Connection

Food for Thought: Making the Connection consists of four Smart Strategies and nutrition education resources to help cafeteria staff extend the Food for Thought curriculum to the cafeteria and home. The strategies promote healthy decision-making in a positive, fun and memorable way. Look for resources at www.nutritionnc.com.



Students Succeed with School Meals: The Healthy Low-cost Choice

Students Succeed with School Meals: The Healthy, Low-cost Choice is a promotional toolkit that targets families, teachers and principals of elementary-age students. All components focus on these key messages:

- Promote school meals as the healthy, low-cost choice.
- Eat school meals with children.
- Be a role model for children by eating smart and moving more.
- Educate children on how to eat smart and move more at home and school.

Resources, including annual updates, can be found at www.nutritionnc.com.