What is Steps to Health?

Steps to Health is NC State University’s SNAP-Ed program through NC Cooperative Extension.

What is SNAP-Ed?

The Supplemental Nutrition Program – Education (SNAP-Ed) serves limited resource families across NC. SNAP-Ed is funded by the United States Department of Agriculture through the NC Department of Health and Human Services, Division of Social Services.



make half your plate

fruits and vegetables

Sweet Potatoes

* High in Vitamin A
* Good Source of Vitamin C
* Good Source of Fiber

Home Grown Facts about Sweet Potatoes

* Official state vegetable of NC
* NC is the top grower of sweet potatoes
* Hundreds of varieties

Tell us if you liked it!

Take a free Recipe and Tips Sheets!

Try a Sweet Potato Fry!







Sample a

Strawberry Splits with Low Fat Yogurt & Granola:

* High in Vitamin C
* High in Calcium and Vitamin D
* Good Source of Vitamin A
* Source of Fiber

Try a Strawberry Split!

Strawberry Splits are healthy & great for:

* Breakfast
* Snack
* Dessert

Tell us if you liked it!

Take a free Recipe and Tips Sheets!



Try a sample of :

Take one,

Recipe inside



Try a Peach Parfait!

Take a Recipes & Tip Sheet

Peaches are:

* Low fat
* High in Vitamin C
* High in Vitamin A
* High in Fiber



Buying fruits and vegetables in season can help you save money.

When do I grow?

Test your seasonality knowledge. Match the fruits and vegetables with the month in which they grow in North Carolina!

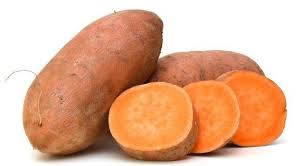
Aug – Feb May – June

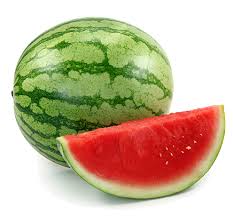
July July – Aug

Sept – Oct Year Round

June – July March – April









Apples are in Season!

Family Fun Apple Activities:

* Pick-your-own apples at an orchard
* Make an apple recipe together
* Try different types of apples

Youth Color Contest:

On the coloring page, draw how these in-season fruits and vegetables grow:

* apples
* blackberries
* pumpkins
* sweet potatoes





Apples contain:

* No fat
* Vitamin C
* High in Fiber

Try these apples:

Mutzu

Saylor Sunrise   
Golden delicious

Try these apples:

Fuji

Pink Lady

Gold Rush



