

 **OUR GOAL**

Based at NC State, we educate and inspire limited-resource North Carolinians to eat smart and move more

 **OUR EDUCATORS**

Live in the counties where they work and are committed to delivering evidence-based programming to their communities

 **OUR IMPACT**

Building healthier communities by increasing knowledge & shaping the environments where limited-resource live, learn, work, shop, and play

**10,629**  
PEOPLE ATTENDED NUTRITION CLASSES



**61**  
NC COUNTIES



**53%**  
NOW MAKE HEALTHIER FOOD CHOICES

**NUTRITION EDUCATION**

**HEALTHY ENVIRONMENT**

**56,424**  
PEOPLE WITH IMPROVED POLICIES, SYSTEMS OR ENVIRONMENTS



**156**  
COMMUNITY SITES & SCHOOLS

**IN THEIR OWN WORDS**

"My favorite part is how open my child is to trying new foods, and choosing healthy alternatives to sweets."  
-Parent, Davidson County

"The students started to have their own conversations throughout the day about healthy eating habits."  
- Teacher, Greene County

"Students asked me to bring the foods they tried for snack time, like snap peas. Students that bring lunch from home started bringing foods they had tried in the taste tests."  
- Teacher, Davie County

"I began eating healthier while attending Take Control classes, and I lost six pounds before the program ended!"  
- Adult participant, Northampton County