

WHO WE ARE & WHAT WE DO

NC State's Steps to Health program partners with schools to increase students' nutritional knowledge and to make the school environment a healthier place. We offer evidence-based nutrition and physical activity education that includes taste tests and engaging activities. We also support changes to the school environment. Whether it's improving school-wide food and beverage policies or implementing healthy practices in classrooms, Steps to Health helps teachers, administrators, and students make the healthy choice the easy choice.

9,281

PRE-K & ELEMENTARY STUDENTS ATTENDED NUTRITION CLASSES IN FY18



66%

OF STUDENTS EAT MORE FRUITS & VEGETABLES AFTER THE PROGRAM

81%

OF STUDENTS ARE MORE PHYSICALLY ACTIVE AFTER THE PROGRAM

IN THEIR OWN WORDS

-  Steps to Health is offered for free to qualifying schools, Head Starts, and childcare centers
-  Steps to Health curricula align with North Carolina essential standards
-  Students have the opportunity to taste healthy food and bring home recipes to share with their families
-  With technical assistance from Steps to Health, students and teachers can contribute to school-wide change

"My favorite part is how open my child is to trying new foods, and to 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

"My child has turned into a health nut! I love that he looks at labels to see what's inside the food."
- Parent, Cherokee County