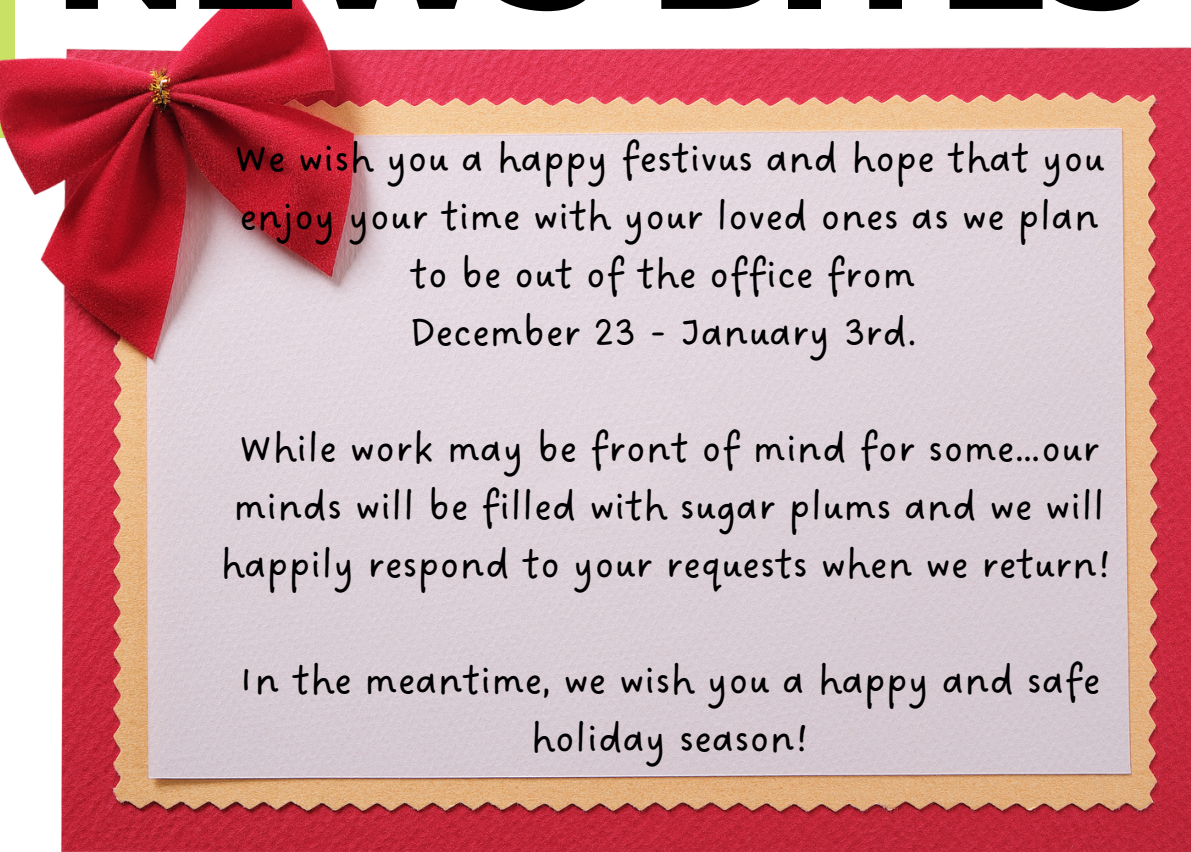


NEWS BITES



We wish you a happy festivas and hope that you enjoy your time with your loved ones as we plan to be out of the office from December 23 - January 3rd.

While work may be front of mind for some...our minds will be filled with sugar plums and we will happily respond to your requests when we return!

In the meantime, we wish you a happy and safe holiday season!



Please help our Steps to Health Team by completing the **Civil Rights Compliance** requirements. If you have completed the Civil Rights Training in REPORTER, please review our supplemental SNAP-Ed slides regarding Civil Rights and complete our Civil Rights Confirmation Form.

For those who have not completed the Civil Rights Training in REPORTER, please watch this video provided by USDA FNS and complete the Civil Rights Confirmation Form after viewing the video.

Please remember to display Justice for All Posters during programming at each site you serve. If you need more Justice for All posters or have inquiries about the Civil Rights Compliance, please send an email to STH-administration@ncsu.edu.

Local Hunger and Food Security issues addressed in New Hanover County!

Morgan King, Family and Consumer Sciences Agent for North Carolina Cooperative Extension in New Hanover County recently sat down to chat with Coastline about efforts in the Wilmington area. Morgan coordinates the Cape Fear Food Council – a coalition working on the issue.



[Listen Here!](#)

Next STH Update: January 10, 10:00–12:00
TOPIC: Program Planning the STH Way!

The Steps to Health text message program begins on January 4!

These messages complement and support the direct education and PSE changes that are already happening in your communities.

**Making the Healthy Choice
the Easy Choice**

Here are some easy ways you can start spreading the word in your county:



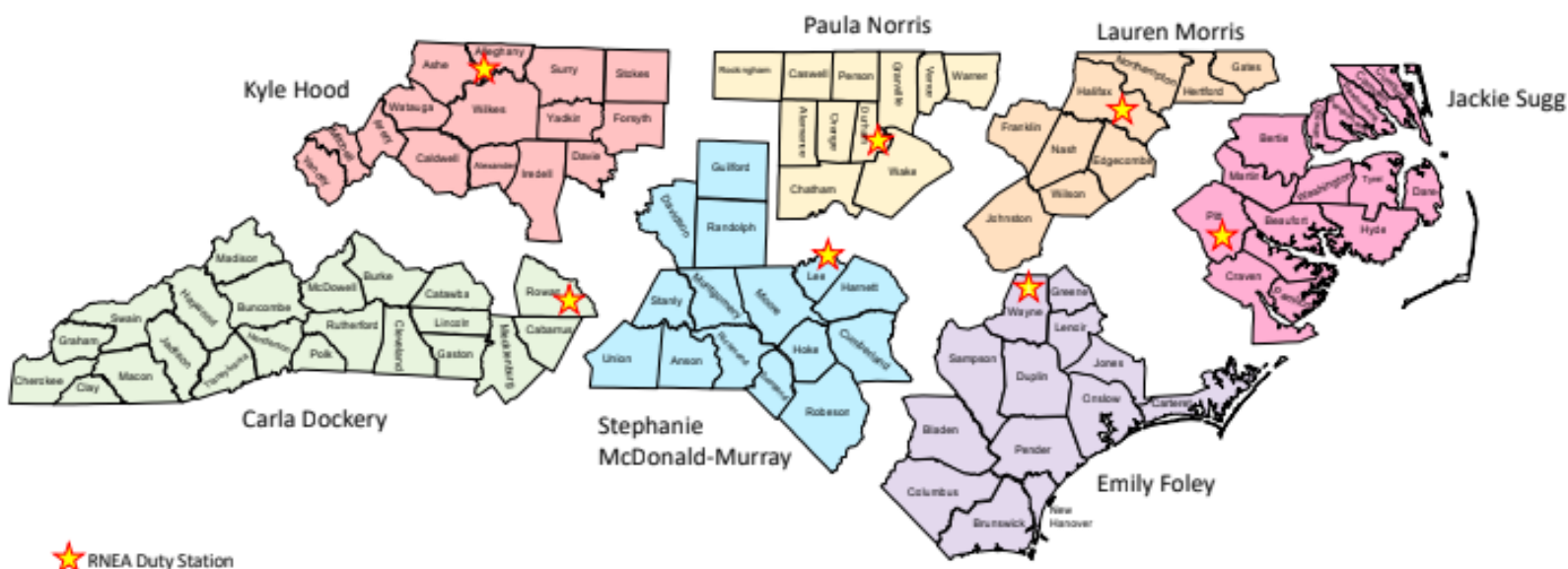
**Steps to
Health**
Supplemental Nutrition Assistance
Program Education (SNAP-Ed)

NC STATE
EXTENSION

[See More](#)

- 1) Have a site that you already partner with for direct education or PSE? Share with them the digital marketing materials for newsletters and social media!
- 2) Teaching a Steps to Health program? Share about this resource with adult participants or caregivers of youth by passing out our contact cards.
- 3) Host a booth at a health resource fair and hand out the contact cards. A great way to engage volunteers would be to have them assist people in signing up.

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