

DURHAM'S INNOVATIVE NUTRITION EDUCATION PROGRAM

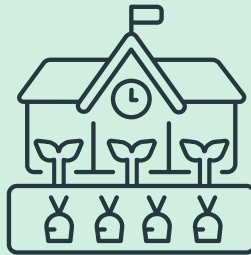
DINE IMPACT

The DINE program, funded by USDA's SNAP-Education Program and Durham County, is provided by the Durham County Department of Public Health. In elementary and middle schools, Registered Dietitians teach interactive lessons about healthy eating and physical activity. DINE participates in school-wide events, afterschool and gardening programs, and wellness initiatives. DINE also partners with sites to help make environmental changes that encourage healthy choices.

2021-2022 DURHAM PUBLIC SCHOOLS DINE PROGRAMMING RESULTED IN...

OVER 4,800
ELEMENTARY SCHOOL STUDENTS

received in-person
nutrition education.



OVER 2,830
MIDDLE SCHOOL STUDENTS

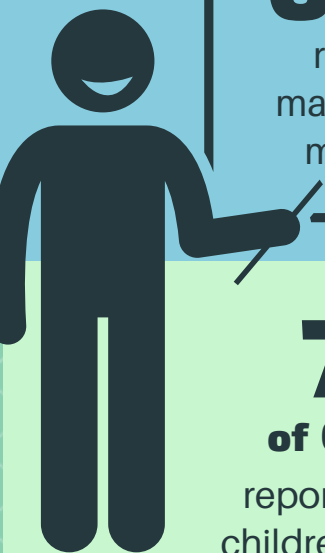
received nutrition education
in-person or virtually.

1,443
NUTRITION LESSONS

were taught in 17 elementary schools,
6 middle schools, and with community
organizations and gardens.



60% of
TEACHERS
reported students are
making/bringing healthier
meal or snack choices.



77% of
TEACHERS
reported students are
having more conversations
about health and healthy
eating.



76%
of **CAREGIVERS**
reported that their
children are drinking
more water.



64% of 2nd - 5th **STUDENTS**
and **74%** of 6th -8th **STUDENTS**
demonstrated an
increase in
knowledge.



~Student Comments ~

"I started drinking more water and drinking less sodas."

"I have tried to eat at least one fruit or vegetable a day."

"I've started eating more healthy and paying attention to nutrition."

DINE supported

Durham Public Schools (DPS) through OUTDOOR LEARNING INITIATIVES

575 575 students were taught nutrition at the **DPS Hub Farm** by DINE

Over 50 **outdoor cooking classes**, reaching 259 students **50**

F2S



New **Farm to School** Coalition formed with various partners all over Durham to support garden and fresh produce initiatives through DPS schools

7 **summer camp** collaborations with 30 **cooking classes** serving over 360 students **30**

8 8 outdoor cooking sessions with **DPS Ignite Virtual Academy**



Healthy Changes

that households reported making because of DINE nutrition classes...

Talking more about healthy eating

More interested in cooking

More willing to try new foods

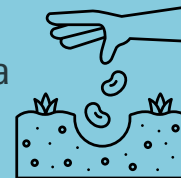
DINE supported

HEALTHY CHANGES in the schools

Changes were made that promote nutrition and physical activity in environments serving students.

Reaching **OVER 2,000** Students

A new school **Garden Committee** reinvigorated a two-decades old garden



59 Classroom Garden Kits were distributed to 12 schools, reaching over 1,490 students.

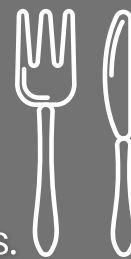
Extra produce grown in the garden was **given to families at one school.**



New collaboration with **PTA** to support an annual **MyPlate Fun Run** with students

47% of **ALL DINE STUDENTS**

showed an improvement in **at least one nutrition-related behavior**, including eating more fruits or vegetables, or drinking fewer sugary beverages.



"We have had more conversations about food - not necessarily as labeling as 'healthy' but about which foods give us what things (energy, vitamins, etc.). I can tell she is learning."

- caregiver comment



Public Health



@DINEnutrition
dineforlife.org

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This institution is an equal opportunity provider.

