

Durham's Innovative Nutrition Education Program

DINE SCHOOLS

DINE is a team of Registered Dietitians (RDs), who teach fun and interactive nutrition and cooking classes, promote healthy messaging, and partner with sites to help facilitate environmental changes that encourage healthy choices.

2022-2023 Durham Public Schools DINE Programming Resulted In

8,576

 Durham students receiving nutrition education in

22

 elementary and middle schools

22

 afterschool sites

27

 garden classes

6

 family cooking events

21

 community events

415

 classes received 1+ lessons

258

 classes received 3+ lessons

67%

 of students in 2nd-8th grades improved knowledge after DINE classes

44%

 of students in 4th-8th grades improved behavior after DINE classes

Teachers, parents and caregivers reported students are ...

More willing to eat vegetables, fruits, and/or whole grains

More willing to try new foods

More knowledgeable about nutrition

Drinking more water

How DINE supported the school district during 2022-2023

27 PSE Policy, Systems & Environmental Changes

including...



edible school gardens
classroom garden kits



outdoor & camping cooking



nutrition policy



school nutrition services website

23,775

students reached through
bulletin boards, handouts
and community events



SAY YES TO WATER

social marketing campaign reached

7,626

 students through

posters

classroom lessons

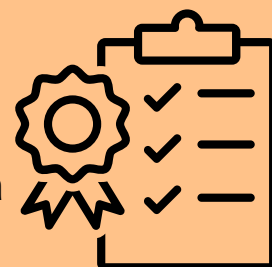


take-home water bottles

“ These classes have been a wonderful addition to my child’s education. She is excited to share what she learned or helped cook and wants to repeat those meals at home.”
~ DPS student caregiver ~

DINE in Schools Guiding Principles

- We teach that being healthy is about what we do and how we feel, and not about the size and shape of our body.
- We do not label any food as good or bad. All foods can be a part of a healthy, happy life.
- We encourage students to taste new foods, but never force them.
- We support and promote school meals. Many students rely on these nutritious meals as an important part of their diet.



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