



January 2018

Eat Smart, Move More North Carolina Quarterly Newsletter

Message from the Chair

Dear Eat Smart, Move More NC Member:

We look forward to seeing you at the first Eat Smart, Move More NC meeting for 2018. Plan to join us on January 25 from 1:00 - 3:30; we will meet at The Royal, located at 3801 Hillsborough Street, Suite 109, Raleigh 27607. We know you are interested in networking, so we are offering time before the meeting for folks to gather and network. Lunch will be provided, so come early from 12:00 - 1:00 to eat and network.



The topic for this meeting will be: World Food Policy Center: Rooting Food Systems Work in North Carolina. Kelly Brownell, Dean of the Duke Sanford School of Public Policy will discuss the formation of the World Food Policy Center (WFPC) and WFPC staff will guide smaller group discussions on four topic areas 1) Food & Obesity/Chronic Disease 2) Food & Hunger/Malnutrition 3) Food & Faith and 4) Food & Early Childhood. We hope you will join us for this exciting discussion.

During our member highlight section, Dr. Carolyn Dunn will reveal the plans for the Department of Agricultural and Human Science's new teaching and research kitchens.

Next Meeting

Date:
January 25, 2018

Time:
1:00-3:30

Location:
The Royal
3801 Hillsborough Street, Suite 109
Raleigh, NC 27607

2018 Eat Smart, Move More NC

You can download highlights from previous Eat Smart, Move More NC meetings and access information for upcoming meetings at: eatsmartmovemorenc.com/AboutUs/Meetings.html.

I look forward to seeing you next week.

Sincerely, Melissa Roupe, Chair Eat Smart, Move More NC

SAVE THE DATES

2018 Roundtable to Eliminate Hunger in your Community through the Summer and Afterschool Meal Programs

January 30, 2018 - Goldsboro, North Carolina

or

February 1, 2018 - Raleigh, North Carolina

Join NC YMCAs and the [Food Research and Action Center](#) (FRAC) to discuss ways to eliminate hunger and increase the availability of healthy meals for children in North Carolina through the Summer and Afterschool Meal Programs. This event will bring together child nutrition program experts, program providers, potential partners and community members to share strategies and best practices for strengthening the child nutrition programs. The summit will offer information on how to grow summer programs, increase awareness, and share resources on providing programming and healthy meals year-round. There will be opportunities to network and discover potential partners who can collaborate with you to support the health and well-being of children in your community.

Guest speakers will highlight existing child nutrition work and successful strategies used to increase access to healthy meals and programming for children. Learn about ways to reach children in rural areas; increase sponsor involvement; build partnerships; and strengthen outreach and promotion efforts around both the Summer and Afterschool Meal Programs.

This event is supported by the *Rally Against Rural Hunger* initiative, a partnership between Smithfield Foods and FRAC. See this *News & Observer* [op-ed article](#) from last summer.

Rally Against Rural Hunger aims to raise awareness about rural hunger in both North Carolina and across the nation and the strategies that exist to solve it. Smithfield Foods partnership with FRAC builds on the company's efforts to help Americans become more food secure through its signature program, Helping Hungry Homes®. The program annually provides millions of pounds of nutritious, high-quality protein to food banks, school nutrition

Meetings - Save the Dates!

January 25, 2018

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Quick Links

programs, disaster relief efforts and community outreach programs across the country.

Registration is free and now open!

[Register for the Summit at the Goldsboro Family YMCA](#) Tuesday, January 30th 9:00 am to 3:00 pm.

[Register for the Summit at the YMCA of the Triangle](#) Friday, Thursday February 1st 9:00 am to 3:00 pm.

[Eat Smart, Move More, NC](#)

The Art of Nutrition Education: Teaching Mural Enhances Poe & Grow Garden

Visitors to the Poe Center's teaching garden will also get a lesson in the art of nutrition thanks to the talents of local muralist [Sean Kernick](#). With support from Poe's [SNAP-Ed grant](#) and a partnership with [The Raleigh Murals Project](#), Poe Center staff worked with Sean to develop a mural that is both beautiful and educational. The mural will be used in the Poe Center's garden curriculum to teach about the nutrition of fresh fruits and vegetables, and illustrate growing seasons, root systems, pollinators, and varieties of fruits and vegetables.



Poe Center's Garden Mural

When asked what inspired him to take on this project, Sean says "he was drawn to the wall and its composition. It's texture and organization presented so many possibilities for capturing the journey between seasons and between the soil and air that gardens can take you on." View more of [Sean Kernick's™ work](#).



Muralist Sean Kernick

The Poe Center has also created a [downloadable image of the mural](#) that can be used as a desktop screensaver - so anyone at Poe or at a distance can enjoy this beautiful piece of art.

Come visit the Poe & Grow Teaching Garden and new garden mural at 224 Sunnybrook Rd, Raleigh, NC 27604. To learn more about the Poe Center's educational programs, go to poehealth.org.

SAVE THE DATE

Safe Routes to School Conference

"Building a Path to the Future"

March 21, 2018 8:00 AM - 4:30 PM

Koury Convention Center

Greensboro, North Carolina



You are invited to be part of the NC Safe Routes to School Conference. Hear inspiring success stories and leave with new ideas to amplify and sustain your own work. Sessions will feature: school, community and state action including Active Routes to School Project successes; collaboration with other transportation

and health priorities; and the process for changing the physical environment for walking and biking.

Together, we're building a path to the future.

Registration is \$35 and will open in early 2018.

Continental breakfast and lunch provided. APA credits may be available for attendees.

Sign up to be notified when registration opens.

8:00 am registration, networking & breakfast with formal program starting at 9:00 am.

Sponsored by:

The North Carolina Department of Transportation.

For questions, please contact ncsrtsconference@unc.edu.

The Catalyst Celebrates Five Years Supporting Healthy Eating and Active Living

The [Catalyst for Healthy Eating and Active Living](#) (Catalyst) announces the release of the **Catalyst Video** and also the **Catalyst Five-Year Summary**. Burke, Cleveland, Edgecombe, Halifax, McDowell, Nash and Rockingham counties currently participate in the Catalyst, which strives to create communities where people have access to healthy foods and places to be physically active.

The **Catalyst Video** ([click here](#)) introduces the work of the Catalyst and celebrates successes for healthy eating and active living led by our community partners.

The **Catalyst Five-Year Summary** ([click here](#)) shares accomplishments and lessons learned since 2012.

The Catalyst is a program of the Foundation for Health Leadership & Innovation and in partnership with the NC Division of Public Health, Community and Clinical Connections for Prevention and



Health Branch with funding from the Kate B. Reynolds Charitable Trust.

For more information, please contact Jamie Cousins, Catalyst Program Director (Jamie.cousins@dhhs.nc.gov) (919) 707-5241 or visit the Catalyst web page ([click here](#)).

BCBS Foundation Grant Opportunity for Community Collaborations

Letters of Interest Due: February 23, 2018



The Blue Cross and Blue Shield of North Carolina Foundation is pleased to announce a grant program to expand their Community-Centered Health initiative focused on building the capacity of local, multi-sector collaborations to improve health.

Specifically, the program will support North Carolina community collaborations that feature clinical-community partnerships addressing non-medical drivers of poor health, or what is broadly known as social determinants. Priority will be given to partnerships that engage stakeholders from multiple sectors to seek policy, systems, and environmental changes that improve health at the population level.

Multiple grantees will be selected to receive grants in the amount of \$100,000 to support a planning period of 15 months, after which grantees will be eligible to apply for a multi-year implementation grant of up to \$125,000 per year.

Informational Webinar

An informational webinar is being hosted January 22 at 11:00 a.m. [Click here](#) to participate.

[Learn more.](#)

Eat Smart, Move More North
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