



Steps to Health NC State's SNAP-Ed Program

7,392

PEOPLE
ATTENDED
NUTRITION
CLASSES

145,087

PEOPLE WITH
IMPROVED
POLICIES, SYSTEMS
OR ENVIRONMENTS

45%

IMPROVED
HEALTHY EATING
HABITS

25%

INCREASED
PHYSICAL
ACTIVITY

43%

IMPROVED
SHOPPING
HABITS

WHAT WE DO

We educate and inspire limited resource North Carolinians to eat smart and move more through nutrition and food resource management education programs that target youth and adults. Our goal is to help participants make healthy choices within a limited budget and choose physically active lifestyles.

GOING BEYOND NUTRITION

Steps to Health is leading the pack when it comes to developing tools that build healthy food and physical activity environments. In 2019, Steps to Health released three setting-based toolkits to improve policies, systems, and environments: *The Nuts and Bolts of a Healthy Food Pantry*, *The ABCs of a Healthy School Environment*, and *The Building Blocks for a Healthy Community Site*. Our educators use these toolkits to share evidence-based strategies with our partners, making sure that the healthy choice becomes the easy choice for everyone.

LET'S TALK ABOUT IT!

"The students were willing to try more food options in the cafeteria! They also began reading the labels on their milk cartons and snacks they brought in."

-Teacher, Lincoln county

"My daughter is more knowledgeable about healthy choices and talks about wanting to be healthy and eat more vegetables and fruits."

-Parent, Davidson county

NC STATE

EXTENSION

