

DINE CHILDCARE

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

2022-2023 DINE childcare programming resulted in...

491 Preschoolers in Durham received nutrition education in...

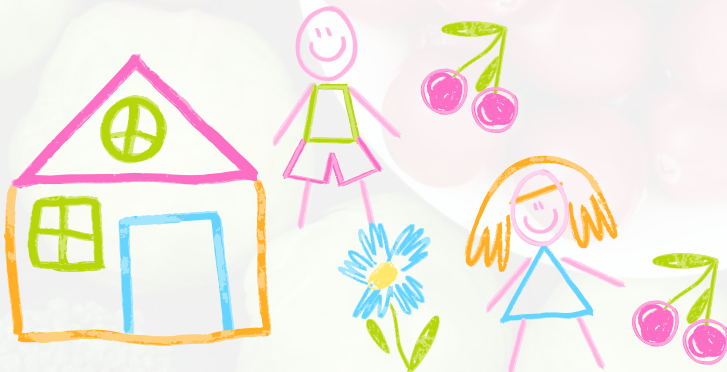


16 childcare programs

50 classrooms

162 interactive classes

Due to DINE programming, 80-90% of Childcare Program Directors said their preschoolers...



- were talking more about healthy foods
- had increased consumption or willingness to try healthy foods

DINE supported Durham's smallest learners by **exposing** them to more **outdoor learning** and classes in **gardens**, all while introducing them to **new foods** such as...

pumpkin dip	apple rings	homemade salsa
beet salad	"soil" yogurt parfaits	vegetable "bugs"
sugar snap peas & dip	"rainbow" vegetable pizza	

DINE continued to support childcare programs during 2022-2023 by enhancing the environment where children play, learn and eat.

35 Policy, Systems & Environmental Changes

at **14** childcare programs

reached **346** preschoolers

29 environmental changes



5 systems changes



1 policy change



13 improved outdoor play areas with new play equipment

7 new or reinvigorated gardens

6 curriculums changed to include gardening as part of learning

3 programs with increased time for kids to be active during the day

3 programs sending home garden-grown produce with families and resources to garden at home

1 nutrition policy

1 updated menu for school meals with fewer sugary drinks, more protein and vegetables

1 display promoting fruits and veggies

A DINE Success



DINE in Childcare helped facilitate a vaccination clinic providing flu vaccinations and other health services at a local childcare program with UNC Health's Mobile Clinic.



SAY YES TO WATER

social marketing campaign reached

432 preschoolers through



- community events
- take-home water bottles
- calendars



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
This institution is an equal opportunity provider.

