

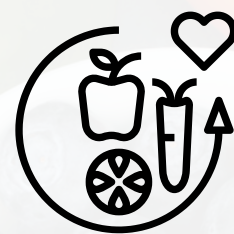
# DINE SCHOOLS

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.



Durham's Innovative Nutrition Education



Public Health



NC SNAP-ED



@DINE.nutrition  
dineforlife.org

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