



Durham's Innovative Nutrition Education

2024-2025

IMPACT in CHILDCARE

DINE in Childcare is a team of one Registered Dietitian (RD), who teaches interactive nutrition and cooking classes, promote healthy messaging, and partner with sites to facilitate environmental changes that encourage healthy choices.

100%

of childcare program directors reported students were talking more about healthy foods

91%

reported students had increased consumption and/or willingness to try healthy foods.

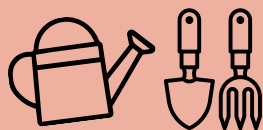
Of the Preschool Sites:

79%



are growing more food in the garden

86%



have more gardening activities

64%



are including families more in gardening

“We are trying to include the families more with the garden but not just to grow from the garden but to make a community. We are planning to use that as a base for healthy habits.”
- Lead teacher, LEAP bilingual preschool

639

preschoolers in Durham received nutrition education.

This included:



14
sites

183
lessons



30
classrooms

Participants were exposed to:

- trying new foods
- benefits of going outside, gardening, and being active
- play-based lessons on what plants need to grow
- how to grow fruits and vegetables
- edible parts of plants
- drinking water
- eating a rainbow of fruits and vegetables
- mindful eating



Public Health



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