

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.

2023-2024 DINE childcare programming resulted in...

589 PRESCHOOLERS IN DURHAM
RECEIVING NUTRITION EDUCATION IN...



19 childcare
programs

53 classes

176 interactive
sessions

Due to DINE programming, **80-90%** of Childcare program directors said their preschoolers were...



- more willing to try vegetables, fruits, and/or whole grains
- more knowledgeable about foods or where food comes from

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...

multicolored apples	mashed sweet potatoes	cauliflower
sugar snap peas	assorted citrus fruits	vegetable "bugs"
raspberry yogurt parfaits	homemade salsa	

DINE CONTINUED TO SUPPORT CHILDCARE PROGRAMS DURING 2023-2024 BY ENHANCING THE ENVIRONMENT WHERE CHILDREN PLAY, LEARN, EAT AND LIVE.

27 Policy, Systems & Environmental CHANGES
AT 13 CHILDCARE PROGRAMS
REACHED 926 PRESCHOOLERS & THEIR FAMILIES

20 ENVIRONMENTAL CHANGES

6 SYSTEMS CHANGES

1 POLICY CHANGE

- 12 new, improved, or reinvigorated edible gardens
- 5 schools involved families in caring for their gardens
- 3 Head Start centers distributed special farmers' market vouchers to families and teachers
- 3 programs regularly served produce from their garden at meals/snacks
- 3 programs improved outdoor play spaces, spent more time being active outside, or created a physical activity policy
- 1 new fresh produce distribution for families

A DINE SUCCESS

The first Early Care and Education Day was held in partnership with Durham Farmers' Market. Head Start children, parents, caregivers, and educators were given \$5 vouchers to spend at the market. There they learned about programs that help families with children afford nutritious and delicious local food.

“The children, with their families and life being life and them just trying to make it work, I don't think that they really get an opportunity to have a lot of fresh cooked foods. With this program it helps them to get exposed to different kinds of foods.”



Durham's Innovative Nutrition Education



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This institution is an equal opportunity provider.

