

Healthier North Carolina Monthly Newsletter

Increasing Afterschool Meal Participation

Afterschool meals are an impactful way for schools and out-of-school-time sites to support the Nutrition security of their community. However, based on a [new report](#) issued by the Food Research & Action Center (FRAC), afterschool meal participation rates have significantly decreased for the first time since 2010.

To increase food access during the COVID-19 pandemic, the USDA issued a variety of waivers that supported sites through pandemic-related operational challenges. With the expiration of many of these waivers, after-school meal operators have had to alter or discontinue their meal services altogether.

Regardless of pandemic-related operational changes, afterschool meal participation lags far behind participation in school lunch or breakfast programs. To increase afterschool meal participation, sites can implement a variety of strategies:

- **Offer meals at a variety of locations across campus:** Consider hosting meal service at various points across campus where afterschool clubs, athletics, or music programming meet.
- **Focus on marketing and merchandising techniques:** Ensure that foods have an attractive presentation, healthy options are easily accessible, and the eating environment looks inviting.
- **Seek feedback from the school or out-of-school community:** Utilize surveys and taste tests to gather feedback from youth, families, and caregivers to better understand their likes and dislikes.

If you are interested in learning more, check out Healthier Generation's E-Learning [What's on the Menu: Strategies for Increasing Participation in School Nutrition Programs](#).



Maddy Moritsch, MS, RDN (she/her/hers)
National Advisor, Whole Child Health
Alliance for a Healthier Generation

[Learn More About Healthier Generation:](#)

[Alliance for a Healthier Generation](#)
[North Carolina | Alliance for a Healthier Generation](#)
[Action Center | Alliance for a Healthier Generation](#)



From the Healthier North Carolina Desk:

Taking Good Care of Yourself

Self-Care Resources

- **Filling Your Cup: Comprehensive Self-Care Strategies Curriculum:**
<https://www.healthiergeneration.org/app/resources/529>
- **Virtual Me Moments Hum:**
<https://www.healthiergeneration.org/take-action/schools/wellness-topics/social-emotional-health/virtual-me-moments-hub>
- **Animated Images to Inspire Deeper Breathing:**
<https://ccfwb.uw.edu/resource/gifs-to-inspire-deeper-breathing/>

Here is a video titled, Beyond the Cliff | Laura van DernootLipsky | TEDxWashington:



Partners Snapshot

Healthy Foods Coalition

The Healthy Foods Coalition is a group of partners from region 9 and is led by Emily Lewis and a health education team comprised of four other health educators from Albemarle Regional Health Services. The purpose of the coalition is to foster an equitable local food system through social gathering to share information about food, healthful living, community work and local farmers and markets, and to provide opportunities to youth to learn about and participate in local farming. The main goals are to increase the affordability of healthy, local foods by working with the Healthy Opportunities Pilot program to increase the

purchasing of more fruits and vegetables through farmers markets; to increase youth involvement in food access by working with local schools to enhance their gardening and agricultural programming; and, to increase regional shared learning about food policy and food system infrastructure. Through the partnerships with Healthier Generations, ABC2, Cooperative Extension, regional health departments, and regional schools, the coalition hopes to get more community involvement to see what the community members need from the coalition, and their thoughts on food policy and infrastructure.

Emily Lewis, MPH, RD, LDN, CHES
Nutritionist II/ Healthy Foods Coordinator
Emily.Lewis@arhs-nc.org



Coffee Break with Healthier North Carolina

One on one conversations with movers and shakers in the food access and outreach sector of North Carolina. Grab your favorite beverage and join us!

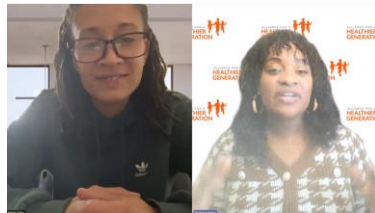
Let's get to know our partner,
Lauren Taylor!

Take a glance at our coffee break interview to learn more about Lauren and the work she's doing in the community.

Agency: Leaf of Life

Title: CEO & Director

County: Cumberland



[Link to Coffee Talk Interview with Lauren](#)

Healthier Generation, Healthier North Carolina

The Healthier Generation, Healthier North Carolina initiative, funded by the Novo Nordisk Inc., fosters an environment of health and well-being in rural North Carolina through a focus on school engagement and community collaboration.

We are on a mission so that every mind, every body, and every young person is healthy and ready to succeed.



Meet



Discuss



Explore

Partner Spotlight

Meet our Partners!

“The best partnerships aren’t dependent on a mere common goal but on a shared path of equality, desire, and no small amount of passion.” – Sara Maclean



Meet Elizabeth



Elizabeth G. Rizzo

Elizabeth lives by the quote “Be the change you want to see in the world.” She works at Richmond County Partnership for Children in Rockingham, NC- a sector of the Smart Start network. As the Program Coordinator and Evaluator, Elizabeth does a little bit of everything, including facilitating Circle of Parents and Triple P. Her part-time job is with a local domestic violence and sexual assault agency.

Elizabeth currently serves as Richmond Young Professionals Chair, Richmond’s Cooperative Extension Board, and is her church’s Worship Coordinator and Treasurer. When she has time, she provides free tutoring for children with disabilities and respite for their families and volunteers in her hometown. Elizabeth is married and presently has two fur babies at home.



Richmond County
Partnership for Children

Meet Martina



Martina Sconiers-Talbert

Martina Sconiers-Talbert is the Administrative Officer III/Grant Writer/Grant Manager with Cumberland County Department of Public Health. She is responsible for accreditation, staff training, policies, grant writing and management of two grant programs to include Triple P and the Fort Liberty & Cumberland County Food Policy Council. Martina has enjoyed working in the community providing education, resources and support to local human service agencies, schools and community-based organizations throughout her 13.5-year career.

She is a certified health education specialist (CHES) and has worked as a mentor/preceptor for various universities to include North Carolina Central University, Fayetteville State University, Walden University and Liberty University helping students meet graduation requirements on the undergraduate and graduate levels.

In her spare time, she enjoys time with family and friends, listening to music, traveling, and cruising.

Two of Martina’s favorite quotes...

“If you change the way you look at things, the things you look at change.” —**Wayne Dyer**

“Find a job you enjoy doing, and you will never have to work a day in your life.”— **Mark Twain**

Breaking News: Upcoming Events & Resources – Stay in the know!

Snacktivities

Yummy snacks and movement make a great team! Mix and match these tasty recipes and fun activities to energize your day.

Learn more here:

Snacktivities: ([English](#)), ([Espanol](#)):

Whole Child, Whole Family Health

Kohl's Healthy at Home is a hub of proven tips, activities, and resources designed for parents and caregivers – so the healthy choice is the easiest choice for families.

Learn more here:

[Whole Child, Whole Family Health | Alliance for a Healthier Generation](#)

Grant Opportunities

Checkout a few grant opportunities focused on youth for non-profits, schools, and businesses.

- [Local Community Grants \(walmart.org\)](#)
- [Welcome to TangerKids Grants \(tangeroutlet.com\)](#)
- [Envision Equity Grants - NEA Foundation](#)

NC Innovative School Breakfast Grants

Your school district could be reimbursed for up to \$50,000 in expenses related to expanding access to school breakfast.

Learn more here: [NC Innovative School Breakfast Grants Application 2023 - Formstack](#)

Applications are due Friday, December 1, 2023.

Farmers Market Directory



The North Carolina Farm Fresh is a directory of pick-your-own farms, roadside farm markets, and farmers markets throughout North Carolina. It is designed to help the consumer, find the freshest locally grown fruits, vegetables, Christmas trees, ornamental plants, flowers, and herbs.

Search for famers markets here:

<https://www.ncfarmfresh.com/farmmarkets.asp>

