

Resources

Fact Sheets and Handouts

[General Assembly Press Conference Fact Sheet](#)

Description: This fact sheet was used at a press conference at the NC General Assembly to demonstrate how the costs that NC Child Nutrition Programs incur leave no room for healthy changes.

[Eat Healthy at Home and at School Fact Sheet](#)

Description: A fact sheet targeting parents that urges them to support Child Nutrition Programs.

[Smarter Meals, Smarter Kids Fact Sheet](#)

Description: A fact sheet targeting teachers explaining the important role that healthy school meals play in creating academic success for students.

[Frequently Asked Questions \(FAQs\) About Child Nutrition Programs \(CNP\) in NC Public Schools](#)

Description: FAQs pertaining to Child Nutrition Programs in North Carolina.

[School Lunch Tray Fact Sheet](#)

Description: Targeted towards a general audience, this fact sheet encourages readers to advocate for healthy school meals.

[Examples of School Districts Making Healthier Choices with No Revenue Loss](#)

Description: This handout, created by the Center for Science in the Public Interest (CSPI), describes a handful of individual cases where school districts have chosen to offer healthier options for their students without experiencing revenue loss.

[Invest in School Meals Fact Sheet](#)

Description: A fact sheet for legislators that urges them to invest in school meals.

[Outcomes of the NC Child Nutrition Standards Pilot](#)

Description: This handout describes how the NC Child Nutrition Standards were developed, how they were piloted, and the outcomes of the pilots.

[NC Alliance for Health “The Cost of Obesity” Fact Sheet](#)

Description: What is the Obesity Epidemic costing NC? Too Much. This fact sheet outlines the financial costs of obesity in North Carolina for both children and adults.

[National Alliance for Nutrition and Activity Update on School Nutrition Standards](#)

Description: This fact sheet urges readers to advocate for stronger National Nutrition Standards to cover all foods available in schools and to improve definitions of “healthy” and “unhealthy” choices.

The following fact sheets were developed by the Division of Public Health, N.C. Department of Health and Human Services with funding from Child Nutrition Services, N.C. Department of Public Instruction.

[Students Succeed with School Meals - Child Nutrition Walking the Walk \[English\]](#)

Description: Fact sheet for school administration and school nutrition professionals in elementary schools; gives tips on how to encourage students to make healthful food and beverage choices at school.

[Students Succeed with School Meals - Families Walking the Walk](#) [\[English\]](#) [\[Spanish\]](#)

Description: Fact sheet for families of elementary school children; gives tips on how to encourage students to make healthful food and beverage choices at school and home. Available in Spanish and English.

[Students Succeed with School Meals - Frequently Asked Questions](#) [\[English\]](#)

Description: Fact sheet containing a list of Frequently Asked Questions (FAQs) that might be asked by families, teachers and principals about Child Nutrition Programs.

[Students Succeed with School Meals - "Offer versus Serve"](#) [\[English\]](#)

Description: Fact sheet that explains the "offer versus serve" standard that is used in Child Nutrition Programs across NC.

[Students Succeed with School Meals - The Healthy, Low-cost Choice](#) [\[English\]](#) [\[Spanish\]](#)

Description: Brochure that can be used to educate the general population about the financial and health benefits of participating in the school lunch program. Available in Spanish and English.

[Students Succeed with School Meals - Talking Points](#) [\[English\]](#)

Description: Talking points related to Child Nutrition Programs in NC.

[Students Succeed with School Meals - Teachers Walking the Walk](#) [\[English\]](#) [\[Spanish\]](#)

Description: Fact sheet for teachers in elementary schools; gives tips on how to encourage students to make healthy food and beverage choices at school. Available in Spanish and English.

[Students Succeed with School Meals - The Myth of School Meals](#) [\[English\]](#) [\[Spanish\]](#)

Description: Fact sheet that dispels many of the myths about the school meals program. Available in Spanish and English.

[Students Succeed with School Meals - Twelve Tips for Nutrition Education](#) [\[English\]](#)

Description: Fact sheet for Child Nutrition staff providing tips on how they can play an active role in child nutrition education.

[Students Succeed with School Meals - Twelve Quick and Easy Ways to Promote School Meals](#) [\[English\]](#)

Description: Fact sheet for school administrators and Child Nutrition staff containing tips on how to promote the School Meals Program.

[Students Succeed with School Meals - What's on the Menu?](#) [\[English\]](#) [\[Spanish\]](#)

Description: Fact sheet that provides a nutritional breakdown for school breakfasts and lunches in NC. Available in Spanish and English.

Presentations

[Students Succeed with School Meals - The Healthy, Low-cost Choice Presentation](#)

Description: Presentation developed by the Division of Public Health, N.C. Department of Health and Human Services with funding from Child Nutrition Services, N.C. Department of Public Instruction. Presentation is modifiable and contains much of the material presented in the "Students Succeed with School Meals" handouts.

[NC Child Nutrition Programs – History and Challenges](#)

Description: Presentation developed by Lynn Hoggard EdD, RD, LDN, FADA, Section Chief of Child Nutrition Services at the North Carolina Department of Public Instruction detailing the history of the School Lunch Program and the current challenges Child Nutrition Programs are facing in NC.

[From Paper to Practice - Moving Toward Standards Implementation](#)

Description: Presentation that focuses on strategies for implementing the Eat Smart Nutrition Standards.

Videos

[Students Succeed With Healthy School Meals](#) [\[YouTube\]](#) [\[Download File\]](#)

Description: This video provides an overview of how Child Nutrition Programs (CNPs) in NC operate. It investigates some of the challenges being faced by CNPs, but also focuses on the healthy changes that have been taking place in NC school cafeterias despite these challenges.

[Farm to School in North Carolina](#) [\[YouTube\]](#) [\[Download File\]](#)

Description: The Farm to School Program (F2S) in North Carolina allows NC Farmers to partner with local schools to deliver fresh, local produce to NC students. F2S benefits both farms and schools by providing an additional market for farmers while schools can be assured they are receiving a fresh, high quality product. Compared to their canned, frozen or processed counterparts, fresh fruits and vegetables can be costly. In order to continue participating in programs like F2S, Child Nutrition Programs need additional funding and logistical support from our state.

[Invest in Healthy School Meals PSA](#) [\[YouTube\]](#)

Description: This Public Service Announcement (PSA) was developed by the UNC Chapel Hill - Center for Health Promotion and Disease Prevention, in partnership with Cirque Productions, LLC, and with support from the Robert Wood Johnson Foundation. This PSA was the first of what would have been a series of five PSAs, designed to convince target audiences that investing funds in the school meals program to provide healthy meals is a solid investment in our future. However, this was the only PSA of the series that was developed. North Carolina is one of the few states in the southeast not receiving any state funding for the school lunch program. Currently, 94 of 115 school meal programs in NC are financially in the red and in danger of closing their doors to students. Over the last several years, state legislators have considered legislation that would provide funding to school meals programs across the state; however, to date, no funds have been provided. This series of PSAs, coupled with fact sheets and other resources, would help generate support for school meals programs from a variety of stakeholders, including legislators.

Articles and Reports

[What's for Lunch in North Carolina's Public Schools – Healthy Foods or Healthy Finances?](#)

Description: Article written by Dr. Lynn Hoggard, Section Chief, Child Nutrition Services NC Department of Public Instruction and published in the NC Medical Journal; discusses in detail the variety of challenges that Child Nutrition Programs in North Carolina are facing.

[Dollars & Sense - The Financial Impact of Selling Healthier School Foods](#)

Description: A publication from the Center for Weight and Health at the University of California at Berkeley; this document reviews some of the challenges that schools face in switching to healthier options. A few case studies are also discussed which offer potential solutions to such challenges.

[Making it Happen! School Nutrition Success Stories](#)

Description: Published by the United States Department of Agriculture (USDA), "Making it Happen!" is a guide that details why healthier foods are important and provides guidance on how to create a healthier school nutrition environment. The Executive Summary is available on this site; the full document is available for download here.

[School Soda Contracts: A Sample Review of Contracts in Oregon Public School Districts, 2004](#)

Description: Publication by the Community Health Partnership (Oregon's Public Health Institute). This review of school soda vendor contracts in Oregon details some of the problems these contracts lead to and exposes some of the truth about how much revenue they really provide for schools.

[State School Foods Report Card 2007](#)

Description: Annual publication produced by Center for Science in the Public Interest (CSPI). Schools are graded on the policies and standards they have in place that regulate which foods can and cannot be served; North Carolina received a D+.

[Sweet Deals - School Fundraising can be Healthy and Profitable](#)

Description: Over the years, selling candy bars, cakes and cookies has become a very popular way to raise funds for a school club or sporting team. This guide, produced by the Center for Science in the Public Interest (CSPI) gives schools ideas on how they can adopt healthier fundraising ideas while still raising money for their individual schools.