



DINE in Elementary Schools 2015-2016

Durham's Innovative Nutrition Education Program

What is DINE?

Durham's Innovative Nutrition Education program, funded by USDA's SNAP-Education Program and Durham County, is provided by the Durham County Department of Public Health. In elementary schools, Registered Dietitians teach interactive lessons about healthy eating and physical activity. Classes may include educational games, student and parent handouts, healthy food tastings, and hands-on cooking! Additionally, DINE nutritionists participate in school-wide events and promotions, assist in afterschool and gardening programs, support wellness initiatives, and help make environmental changes that encourage healthy choices.



DINE Nutrition Education for Life

by the NUMBERS

- **Over 4,300** DPS students received nutrition/cooking classes this year.
- **204** classes in **13** elementary school received nutrition/cooking classes totaling over **1400 lessons**.
- DINE nutritionists participated in **more than 80** health fairs, school-wide events, Hub Farm field trips, and afterschool programs.

When my child comes home telling me which vitamins and minerals are associated with certain veg, fruit, etc., I know he has learned a lot, is interested and engaged, and will likely make healthier choices in his diet!

- Parent comment

My kids are much more aware of healthy eating habits and can own that knowledge as their own- not just lecturing them.

-Parent comment



85%

of parents agree that nutrition classes help their child grow up healthy and establish healthy eating habits.

To find out more, visit www.dineforlife.org.

2015-2016 DINE Elementary School Student Outcomes

Nutrition and cooking classes build **literacy, math, and science** skills, and provide opportunities for practicing **teamwork, creativity and leadership**.

Each year, pre- and post-screenings are performed with students to assess the effectiveness of the program.

Results from the 2015-2016 assessment across all DINE schools showed:

27%

increase in K-1 students correctly identifying a healthy snack.

31%

increase in 2-3 students correctly identifying a healthy snack.

30%

increase in 4-5 students correctly identifying a whole grain food label.

91%

of participating teachers indicated at least some of their students are bringing healthier meals and snacks from home since receiving DINE classes.

96%

of participating teachers indicated at least some of their students are consuming more fruits since receiving DINE classes.

93%

of participating teachers indicated that their students are having more conversations about health and healthy eating.

74%

of parents indicated that their student is more willing to eat healthy foods.



The nutrition lessons align nicely with our science curriculum but I don't care about that. This is a life skill. It trumps many other "core" subject topics.

- **Teacher comment**

By elevating students' **knowledge, skills and confidence** around healthy eating, as well as increasing their willingness to eat nutritious foods, DINE classes encourage **healthful behaviors** and help build healthy school and home **environments**.



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