

Eat Smart, Move More...NC Recipes for Success

Eat Smart, Move More...NC Recipes for Success provide an opportunity to share your community's hard work and dedication, and to inspire others to create policy and environmental changes that support healthy eating and/or physical activity in their communities. The NC Fruits & Veggies Nutrition Coalition as part of the Eat Smart, Move More.. NC movement is especially interested in success stories focused on fruits and vegetables. Examples of policy and environmental change include starting a farmers market, community or school garden; creating a worksite policy to offer more fruits and vegetables to employees, etc.

Please fill out the information below as completely as possible. The Physical Activity and Nutrition Branch will use the information to create a Recipe for Success to be published on both the NC Fruits & Veggies Nutrition Coalition website (www.fruitsandveggiesnc.com) and Eat Smart, Move More...NC Web site (www.eatsmartmovemorenc.com) .

Indicate the type of change(s) your project addressed:

- Policy _____
- Environmental _____
- Both _____

Risk Factors Addressed:

- Healthy Eating (Fruits and Vegetables) _____
- Physical Activity _____

Setting of project: (check all that apply)

- Families _____
- Preschool _____
- School _____
- Faith Organization _____
- Worksite _____
- Health Care _____
- Community _____
- Media _____

Recipe Name:

[You need a catchy title, one that will capture the reader's attention and draw them into your story.]

Please limit your recipe to 250 words or less

Ingredients:

- **Who was the target audience?**
[Describe the population your project addressed]
- **Who were the partners involved?**
[List the partners that participated in the project]
- **What resources were needed for the project?**
[List the resources that were required for the project. These may include funding, materials, manpower, etc.]

Instructions:

- **What was the project?**
[Briefly describe your project]
- **What were the basic steps to implementing the project?**
[List the basic steps you took to carry-out the project]
- **What was the timeframe?**
[How long did it take to carry out your project from planning to implementation?]

Results:

- **What were the outcomes of the project?**
[List the specific outcomes of your project – for example, three schools with 1000 total participating kids are now able accessing extra fruits and vegetables in the cafeteria, through fundraising activities, and as after-school snacks.]

Contact Information:

Name, Title:
 Agency:
 Address:
 City, State, Zip:
 County:
 Phone:
 Fax:
 Email:

***Attach a minimum of 2 photographs that apply to this project.**

***Send us your logo if you have one. (jpeg or gif preferred)**

Please return this form, photos and your logo to:

Diane Beth, NC Fruits & Veggies Nutr. Coordinator (diane.beth@ncmail.net)

Questions: 919/707-5221