



September 2019

Eat Smart, Move More North Carolina Quarterly Newsletter

Message from the Chair

Dear Eat Smart, Move More NC Member:

We hope to see you at our **Eat Smart, Move More NC meeting on Thursday, September 12th, from 1:00 to 3:30pm.**

We will meet at the J.C. Raulston Arboretum at N.C. State University (4415 Beryl Road, Raleigh, NC).

Please come early and join us for lunch as well! It is our pleasure to provide you with an opportunity from 12:00 - 1:00 PM to eat smart and network with colleagues. Food is provided. No RSVP necessary. I hope to see you there!

Our [agenda](#) will kick off at 1:00 with a preview of the draft Eat Smart, Move More NC Plan that is scheduled to be finalized and released at our December 5th meeting. Your Writing Team, led by Carolyn Dunn, PhD, RDN, LDN, looks forward to sharing their work and hearing your feedback. The window of time to provide feedback will continue for a month following the meeting, with all comments due by October 11th.

After we hear from our Writing Team, we will hear from guest speaker Adam J. Zolotor, MD, DrPH, who will share with us about the NC Institute of Medicine's Task Force on Accountable Care Communities. Accountable Care Communities (ACCs) are an emerging promising model for addressing the social, behavioral, and economic factors that impact health outcomes and health care cost. This NCIOM Task Force will develop evidence-based and actionable recommendations for state and local policies to support the development of ACCs and guidelines that will help communities create or expand ACCs.

Next, Georgina Dukes will share about the NCCARE360 / Unite Us statewide implementation plans. NCCARE360 is a statewide coordinated care network of health care and human services organizations through a shared statewide technology platform that allows for a community-oriented, person-centered approach to delivering care in North Carolina.



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As you can see, this meeting promises to be an engaging and informative one! Please plan to join us, and please know how much your attendance is appreciated.

The Eat Smart, Move More NC movement is stronger because of all the excellent partners who work to incorporate strategies from the Eat Smart, Move More NC Plan into their daily work and lives. It will take all of us working together to change our state's statistics on overweight and obesity.

If you are interested in becoming involved in the leadership of Eat Smart, Move More NC, please put your name forward for consideration as a Member-at-Large to serve on the Executive Committee. The details of this process will be shared at the September 12th meeting and via email afterward. The Organizational Structure of the Executive Committee is outlined [here](#) and also on the ESMM NC website under "About Us."

I hope to see you on September 12th, and I wish you all the best as we continue to work to promote healthy eating and active living in our great state of North Carolina! Thank you for your partnership.

Sincerely,
Melissa Roupe
Chair, Eat Smart, Move More NC

Mark Your Calendar

Our final Eat Smart, Move More NC meeting in 2019 will be held on Thursday, December 5, at the JC Raulston Arboretum at NC State University from 1:00 until 3:30PM. Please plan to join us!

American Bone Health

American Bone Health is partnering with Susan G. Komen, the world's largest breast cancer charity, on the "Healthy Living" educational campaign to prepare participants training for Komen's 3-Day series of fundraising walks this summer and fall. In the first phase of the campaign, American Bone Health created content including insightful emails, blogs written by members of American Bone Health's Medical and Scientific Advisory Board, plus a series of informative articles available on a [special landing page here](#). In the second phase, American Bone Health will provide a learning experience onsite at the 3-Day walks with materials including a Healthy Bone Zone quiz, a bone health survey, and an interactive Fracture Risk Calculator. American Bone Health's network of Peer Educators held 55 events in communities across the country from April through June May for its annual Freedom From Fractures campaign. The free senior-oriented programs educate consumers on how medical conditions, medications, family history can affect their risk of osteoporosis and fractures and what they can do to protect their bones.

Submitted by Kathleen Cody

Self-Directed Walk With Ease Program

[be held](#)
[January 10,](#)
[2020, from](#)
[9am-4pm at](#)
[the](#)
[McKimmon](#)
[Center in](#)
[Raleigh](#)
[NC Teens](#)
[Grow Food,](#)
[Faith and](#)
[Focus on](#)
[Cedar Grove](#)
[Farm](#)
[EFNEP](#)
[Celebrates](#)
[its 50th](#)
[Anniversary](#)
[North](#)
[Carolina](#)
[Senior](#)
[Games State](#)
[Finals](#)
[Unique](#)
[Wellness](#)
[Community](#)
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[the Ivory](#)
[Coast Visit](#)
[NC to Learn](#)
[about School](#)



Walk With Ease is a six-week evidence-based program proven to increase physical activity and reduce joint pain and stiffness. This Arthritis Foundation program was developed with a research team at the Osteoarthritis Action Alliance and designed for people with arthritis/joint pain and those who have not been physically active. The program provides tools and techniques to manage symptoms and to build and maintain a safe and successful walking program. The "self-directed" version encourages walking, provides weekly informational emails, and is guided by the Walk With Ease Guidebook. Through a partnership with the Osteoarthritis Action Alliance and the NC Office of State Human Resources, the Healthy Aging NC Initiative of the NC Center for Health and Wellness unveiled a pilot portal for the Self-Directed Walk With Ease (WWE) program. The portal provides a way for people across the state to sign up to safely start up a walking routine in their own way but with guidance and resources. Interested walkers can visit the site to learn about WWE, complete a brief assessment, and as resources last, receive a WWE guidebook and the option for Health and Wellness Resource Coaching. Learn more about the WWE Self-Directed program and portal at <http://healthyagingnc.com/walk-with-ease/>.
Submitted by Jeanne Dairaghi

Wilkes Fresh

Getting enough fresh fruits and vegetables into our diets can be challenging for anyone. But the added barriers of transportation and cost can make it doubly difficult. Based on our work with the Robert Wood Johnson initiative *Raising Places*, our team launched Wilkes Fresh, a mobile food market that strives to make local produce more readily attainable by addressing those barriers.

Despite having prototyped the idea, like most launches we are learning as we go. We found that by offering the markets during summer feeding programs, and combining that with charitable "Market Bucks" we were successful in sending people home with full bags. We also learned that when summer feeding programs ended, those same markets weren't drawing customers of their own accord.

Also, we weren't able to offer SNAP/EBT benefits at the onset, because the approval process took a good deal of time. And while this is a simple concept, any business owner who studied its challenges would take pause. For starters, our inventory from week to week is unpredictable and based on what farmers are able to harvest and sell. As new customers, we're low on their list. And, like any retail business, we never know how many customers we will have each week. Add to that the fickleness of summer weather, and it has been quite a journey.

That being said, at least all of us involved in the project have become better eaters. Who even knew there was such a thing as a doughnut peach—a delicious delicacy with no pit? And Asian pears are meant to be eaten while still as crisp as a fresh fall apple, but have even more of the mouth-watering flavor of more traditional fare. Yum!

Submitted by Heather Murphy





New Resource: State Farm to School Policy Handbook: 2002-2018

[National Farm to School Network](#) and the [Center for Agriculture and Food Systems at Vermont Law School](#) have released a new resource for farm to school policy advocates, the State Farm to School Policy Handbook: 2002-2018. The Handbook summarizes and analyzes every proposed farm to school bill and resolution introduced between January 1, 2002, and December 31, 2018, from the 50 states, the District of Columbia, and the U.S. territories. It enables readers to search bills by both jurisdiction and topic, and includes analysis of trends, case studies, advocacy resources and more.

[Explore the State Farm to School Policy Handbook here.](#)

Submitted by Tracey Bates

Stringing Pearls

For many years, Clark Memorial Park in Tarboro had been crumbling. The

community of roughly 10,000 boasts one of the oldest town commons in the country, yet the recreation area just blocks away from the county manager's office was far from charming. Floods from two hurricanes - Floyd in 1999 and Matthew in 2016 - damaged the equipment at the recreation area on the east side of town, and general decay during years of economic hardship in Edgecombe County didn't help.

Money for the park's rehabilitation in 2017 came from an unlikely source. A Centers for Disease Control and Prevention grant funded a partnership between North Carolina State University, N.C. State Extension and the community made a \$12,000-facelift to the park possible. The Tarboro Department of Parks and Recreation contributed roughly \$4,500 in materials and personnel, installing the new playground equipment, swing set, signage and more.

The program, dubbed Health Matters, worked on dozens of similar initiatives across four North Carolina counties, creating environments that promote physical activity, healthy eating and recreation, with the goal of eventually decreasing obesity rates, said co-leader Annie Hardison-Moody, assistant professor and extension specialist at the N.C. State's Department of Agricultural and Human Sciences.



Yvonne Murphy of Edgecombe County Extension and Travis Stigge, the Tarboro Parks and Recreation director pose in front of the newly renovated Clark Memorial Park in east Tarboro. The park renovation was one of 79 projects in four N.C. Counties funded by a CDC grant designed to create healthy environments that promote obesity prevention. Source: Courtesy of Annie Hardison-Moody.

Health Matters created or laid the groundwork for many such changes in Edgecombe County, Edgecombe County Manager Eric Evans said. It also fostered opportunities for counties to learn from one another. For example, Evans learned of a Halifax County program that gives out small grants to promote recreation and physical activity. Over the last couple of years, Evans said, his county followed suit, creating a similar initiative. Thus far, Edgecombe supported a wide array of activities through grants of up to \$2,000 from teaching children to play tennis to creating a music therapy program for seniors.

And Evans wants to expand the government's role in creating an environment of wellness in Edgecombe. He wants to establish a county parks and recreation department that would coordinate future initiatives. The effort is likely to take time, he said, but he hopes for a department that will be up and running in the next three years." That recreation mini-grant is just another one of those pearls," he added. "It's small, but we're stringing together collectively these things and it's shaping up to be a more organized recreation effort from the county."

Edgecombe County Manager Eric Evans has come to call the Health Matters

projects - like the park renovation in Tarboro - pearls. And real change, he added, comes from stringing them together. "We've got a high rate of chronic disease, high obesity rates, all the things you expect in a county in Eastern North Carolina," he said. "So to have these opportunities (for physical activity) and to see people make use of it is very exciting... It's not something that would turn the page for the county overnight, but it's pointing us in a better direction."

Evans isn't far off. Over the past two decades or so, the public health community has established that the causes of obesity are multifaceted and involve, among other things, cues from the environment. So when a nearby park isn't safe, accessible or inviting to play on, the research says, children and their parents are likely to avoid it. And if no other recreation options are available in an area, families may become more sedentary, putting them at risk for obesity and associated conditions, such as Type 2 diabetes and heart disease.

Three other counties where obesity rates top 40 percent, also participated: Lee, Halifax and Northampton. The 79 projects the grant funded ran the gamut from creating a utensil and small appliance lending library to promote home cooking and healthy eating to installing bike racks in a community. Though the grant expired last December, Hardison Moody said, the work - in these counties and beyond - is far from over.

Submitted by Liora Engel-Smith sourced from NC Health News

Registration Open for the 2019 NC BikeWalk Summit, November 8-9, 2019 at the Hawthorne Inn and Conference Center in Winston Salem



BikeWalk NC, the statewide nonprofit that advocates on behalf of people who walk and bike in North Carolina, will host the [8th Annual NC BikeWalk Summit](#) on November 8 and 9 at the Hawthorne Inn and Conference Center, with two pre-Summit workshops offered on Thursday, November 7. **Mark Fenton**, nationally known transportation, planning, and public health consultant, author, and PBS television host, will be a keynote speaker at the Summit and will also lead a workshop to train professionals to do a walk audit in their own communities. Opportunities abound before, during, and following the Summit to socialize and share ideas with other attendees, as well as opportunities to tour Winston-Salem by bike or by foot. The BikeWalk Summit is being held in collaboration with the City of Winston-Salem and the Winston-Salem Metropolitan Planning Organization.

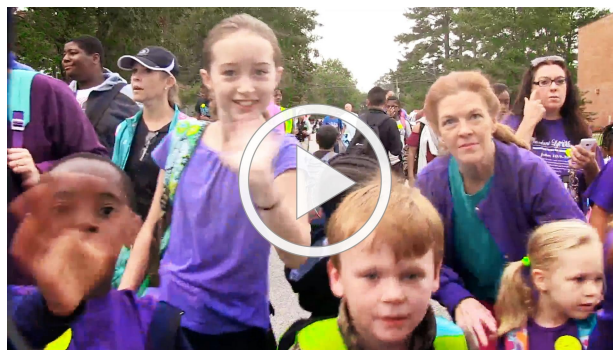
Experts from across the state and beyond will be on hand to share their knowledge and experience on topics including how to build healthier, more walkable and bikeable communities, equity in transportation, multimodal integration, the new age of micro mobility systems, the importance of multimodal transportation for the environment, and more. For more information on the NC BikeWalk Summit, or to register for the Summit, please visit <http://www.bikewalknc.org/nc-bicycle-summit/>. Special Early Bird discount pricing is in effect until September 6.

2020 Robert Wood Johnson Foundation Culture of Health Prize

The [2020 Robert Wood Johnson Foundation Culture of Health Prize](#) is calling communities that are working to expand opportunities across all factors that influence health (including jobs, education, housing and transportation) and/or embracing local data and applying resources in ways to give all residents the chance to thrive. The prize will recognize up to 10 communities working at the forefront of advancing health, opportunity and equity for all with a \$25,000 prize and the chance to share their accomplishments and lessons learned with the nation. Communities that are bringing partners together and making the most of their unique strengths so that everyone can live well are encouraged to apply.

Walk to School Day is October 2, 2019, Register Now!

[Walk to School Day is October 2, 2019, Register Now!](#) Every year, North Carolina ranks among the top 10 states with school participation. Be a part of an event that promises to be even bigger and better for NC. Get in on the fun and power of Walk to School Day by registering now. Video Inspiration below:



Walk to School

The Faithful Families 2020 Summit is Now Open for Registration! Summit is to be held January 10, 2020, from 9am-4pm at the McKimmon Center in Raleigh

2020 Faithful Families Summit

**January 10,
2020**

Raleigh, North Carolina

Engagement and Equity: Faith and Health
Partnerships for Thriving Communities

KEYNOTE SPEAKER
Dr. Pernessa C. Seele
Founder & Chief Executive Officer
The Balm In Gilead, Inc.



[The Faithful Families 2020 Summit is now open for registration! Summit is to be held January 10, 2020, from 9am-4pm at the McKimmon Center in Raleigh.](#)

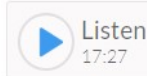
Join **Faithful Families** at the [2020 Summit](#), where attendees will spend time networking and learning from both national and local partners how to expand and enhance their faith-based health programs.

Are you implementing an innovative, successful, or emerging Faithful Families Thriving Communities program in your community or state? Do you know of someone who is? We want to hear about the incredible work being

done to better the health of faith communities across the country. You can [submit an application for an award](#) to recognize these outstanding programs at the *Awards Luncheon*.

Learn more about the Summit and register now on FaithfulFamilies.com. Registration is \$75, with scholarships available.

NC Teens Grow Food, Faith and Focus on Cedar Grove Farm



[Sankofa Farms](#) was originally supposed to be a school garden in which middle school students could get away from the pressures of the classroom and get their hands dirty in the soil. After the proposal was rejected by the school's principal, middle-school science teacher Kamal Bell made a much bigger investment in the idea.

Bell borrowed money from the U.S. Department of Agriculture and purchased 12 acres of land in Cedar Grove, North Carolina. In 2016 Sankofa Farms and Sankofa Farms Agricultural Academy were born. For Bell, this farm presents an opportunity to tackle many of the challenges faced by inner-city youth. Bell experienced some of these first hand as a child growing up in a food desert in Durham, and he hopes to use Sankofa to provide young teens life skills and the ability to grow their own healthy, nutritious food. Kamal Bell joins host Frank Stasio to talk about his mission for the farm and the obstacles he has faced so far. 16-year-old Kamoni King, a rising junior at Hillside High School in Durham, joins the conversation to share his experience with Bell and what he has learned from life on the farm.

EFNEP Celebrates its 50th Anniversary



This year EFNEP celebrates its 50th Anniversary of serving the nutrition education needs of low-income families and youth. EFNEP helps address the challenges that low-income families face when introducing health changes through hands-on nutrition education classes that include cooking, physical activity, and grocery shopping on a limited budget. EFNEP provides:

- Peer-to-peer, hands-on education in the community

- Healthy, low-cost recipes
- Simple strategies to help families move more together

Throughout the year, the program has held nine listening sessions, bringing together a diverse set of stakeholders to think about how to increase EFNEP's already strong impacts at the state and local level. Stakeholders included representatives from government, health care, academia, public health, EFNEP participants and program staff. Two themes that emerged from the conversations were the value of the program to the communities, its partners, and the participants it serves, and the need to more intentionally partner with health care providers. Full results of the analysis of these listening sessions was shared with staff and program leaders during the EFNEP State Conference and Anniversary Celebration this past May. Stakeholders confirmed that EFNEP still works and continues to evolve to meet the needs of low-income families and youth.

How can you help? As partners through ESMM, we can work together for greater impact. If you are interested in partnering with EFNEP in your county, contact your local Cooperative Extension office to connect with the EFNEP Educator and Regional Nutrition Extension Associate.

Submitted by Lorelei Jones

North Carolina Senior Games State Finals

North Carolina Senior Games State Finals is coming up this fall, and volunteers are needed to make it happen! Participants from all across the state will come together to compete against the "best of the best". With over 3,000 participants, State Finals needs more than 900 volunteers to help coordinate all 71 activities. Visit our website at

www.ncseniorgames.org/volunteer to view volunteer opportunities and register to volunteer. We would love to have you join us!

North Carolina Senior Games is a year-round health promotion and education program for adults 50 years of age and better to get and stay active through sports and SilverArts. For more information, contact

ncsg@ncseniorgames.org or visit our website at www.ncseniorgames.org!

Submitted by Lauren Presley



Unique Wellness Community

The [Unique Wellness Community](#), based out of Bread of Heaven United Holy Church in Goldsboro, NC, is helping community members to eat smart and more move. This initiative brings together a group of any and all interested community members every 1st Wednesday evening for a couple hours to eat and learn together. Participants bring a dish to share and come ready to discuss questions and ideas about healthy living. A church member who has experienced personal success with improving her own health through healthy eating and active living facilitates these discussions and shares lessons she has learned. The evening also includes an exercise program, complete with blood pressure checks beforehand.

The Unique Wellness Community hopes to expand by updating its cooking facilities and equipment and possibly obtaining or building a larger facility. It also has a long-term goal of providing services and opportunities associated with affordable, desirable and secure housing to individuals and families. These opportunities will be coupled with financial literacy training programs and services. The idea is to help community members find affordable housing and learn the skills needed to be responsible home owners. Submitted by Charlie Mitchell

Cooking Education at Poe Center's Healthy Habits Camp

Green Smoothies, Pineapple-Carrot Muffins, Fruit and Yogurt Parfaits with homemade granola, English Muffin pizzas. Is this the menu for some hip new cafe? Nope. These are the cooking activities for campers at the Poe Center for Health Education's annual Healthy Habits Camp.

In addition to traditional camp activities such as crafts and games, Healthy Habits campers got daily hands-on lessons in kitchen skills and making healthy snacks. The annual week-long camps are designed for rising 1st-5th graders and focus on building and reinforcing nutrition and physical activity related concepts. With the establishment of the Poe Center's new CookWELL Kitchen, camp staff were able to integrate cooking lessons into the camp curriculum making meaningful connections between nutrition knowledge and practical kitchen skills. Each cooking lesson featured a simple yummy recipe focused on a different food group. Campers were encouraged to try at least two-bites of the different recipes they made before determining if they liked it or not. At the end of the week, students took home recipe books to recreate their favorite snacks at home.

The cooking activities were a big hit with the campers and their parents. One camper said he wanted to start saving money, he previously spent on candy, to buy the ingredients to make the yogurt parfaits at home. Several parents also shared how excited their children were about cooking and trying foods that they previously were reluctant to eat: "He's spending more time off his tablet and wants to make snacks himself," "(My child is) more open to eating healthy and hygiene. I didn't have to force it this week."

The Poe Center offers a variety of cooking programs for ages eight - adult. For more information, go to

<https://www.poehealth.org/cookwell-kitchen-overview/>.

Submitted by Jennifer Bell and Alaina Hart



Register for the Farm to School of NC Summit

Plan to attend the Farm to School Summit where the first crop of Farm to School of NC awardees will be recognized. The Farm to School Coalition of NC is excited to host a summit to bring together practitioners from across the state to share knowledge, build capacity, and expand and enhance farm to school programming. Come to the summit to hear, first hand, about the successes and innovative strategies practitioners are using to increase student access to local foods and food literacy. To find more info and register, visit www.farmtoschoolcoalitionnc.org/summit.

Submitted by Tracey Bates



REGISTER NOW!
to register and for details, visit
www.farmtoschoolcoalitionnc.org/summit

Farm to School SUMMIT
Friday Sept 20th
\$35, including lunch - Raleigh Convention Center
& Pre-Summit workshops and field trips
Thursday Sept 19th
10 offerings: farms/school sites/teacher trainings/racial equity training in and near Raleigh

Success strategies for local purchasing, cafe staff training, connecting students to farmers, integrating racial equity, plus hands-on cooking and gardening in k-12 schools!
Farm to School Awards Ceremony at lunch featuring music from special student performers.



farm to school coalition of NC
www.farmtoschoolcoalitionnc.org
#F2SCoalitionNC

coalition steering committee: DPI School Nutrition, NCDACS, DPHHS, CEFS/NC Extension, ASAP, FoodCorps, CFSA, DPI Family & Consumer Sciences

Congrats to the North Carolina Turnip the Beet Awardees!

[Ten North Carolina Summer Nutrition Program sponsors](#) are among 118 nationwide this year to receive Turnip the Beet awards, given by USDA to recognize outstanding providers who work hard to offer high quality meals that are appetizing, appealing and nutritious. North Carolina has the most 2019 Turnip the Beet awardees of any state in the Southeast:

- Brigade Boys and Girls Club, Wilmington - Silver Award
- Campus Kitchen at Wake Forest University, Winston-Salem - Silver Award
- Carolina HealthCare System University, Charlotte - Silver Award
- GrowthQuest, Charlotte - Silver Award
- Kirk of Kildaire Presbyterian, Cary - Silver Award
- Whiteville City Schools, Whiteville - Silver Award
- Alamance Burlington School System, Burlington - Bronze Award
- Buncombe County Schools, Asheville - Bronze Award
- Wilson County Schools, Wilson - Bronze Award
- YMCA of Western North Carolina, Asheville - Bronze Award

All winners receive a certificate and are featured in USDA's Food and Nutrition Service Newsletter. Silver award winners were highlighted in a [USDA blog post](#).

States volunteer to participate in the recognition program, and all Summer Nutrition Program sponsors were eligible to apply. Contenders were evaluated on a number of criteria, including serving local foods, variety of vegetables and fruits, whole grains, low-fat or fat-free dairy products and culturally appropriate meals. Winning sponsors demonstrated excellence in providing fresh fruit daily, serving a variety of whole grains, conducting taste tests with the children (and incorporating the feedback into menus), and

offering nutrition education activities. For more info, visit the [USDA FNS website](#).

Submitted by Tracey Bates

Registration for the 2019 NC Crunch is Now Live!



North Carolina Crunch

[Sign up now](#) for the 2019 NC Crunch so that you can receive the planning guide and be ready to crunch. The NC Crunch, from the [Farm to School Coalition of NC](#) and the NC Farm to Preschool Network, offers kids and adults in schools and early care and education sites across the state the opportunity to taste and learn about NC produce. This year's NC Crunch is scheduled for October 23, but you can plan to participate any time during the month of October that works for you in celebration of Farm to School Month. Even though this event will take place in October, it is never too early to plan ahead for produce orders and educational activities and to reach out to local partners who can help. Over 313,000 kids and adults crunched NC produce for the 2018 NC Crunch. Help us beat the 2019 goal of 500,000 participants to make it a crunch heard 'round the state!

Submitted by Tracey Bates

Cochran Fellows from Senegal and the Ivory Coast Visit NC to Learn about School Nutrition and Farm to School

The NCSU College of Agriculture and Life Sciences (CALS) International Programs hosted a delegation of eight U.S. Department of Agriculture (USDA) Foreign Ag Services Cochran Fellows from Senegal and the Ivory Coast. The fellows spent two weeks in the U.S. in Washington, DC and North Carolina learning about School Nutrition Programs. The fellows learned about the School Breakfast and Lunch Programs, Fresh Fruit & Vegetable Program, Afterschool Snack Program, At Risk Supper Program and Summer Nutrition Programs, the regulations, accountability, eligibility, financial management, meal pattern and nutritional standards, food safety, nutrition education and promotion, local wellness policies, and farm to school. The fellows participated in sessions with representatives from the NC Department of Public Instruction, School Nutrition Services; NC Department of Agriculture & Consumer Services, Food Distribution Division and NC Farm to School Program; the Center for Environmental Farming Systems; Farm to School Coalition of NC; and NCSU CALS. The fellows also had the chance to visit Durham Public Schools, Nash-Rocky Mount Schools, a NC K-12 Culinary Institute workshop, the Inter-faith Food Shuttle, and more. It was a wonderful opportunity to exchange ideas and learn about each other's countries, cultures and nutrition initiatives. Find more info at the NCSU CALS [website](#).

Submitted by Tracey Bates



Calling High School Student Chefs!



The North Carolina Jr. Chef Competition (NCJCC) seeks student created and tested recipes for school meals. The NCJCC hopes to inspire the next generation of culinary professionals, stimulate interest in locally produced agriculture, and encourage healthy eating habits. The NCJCC will recognize students for their ability to work as members of a team to demonstrate valuable skills in recipe development, food preparation, marketing, public presentation, organization, and local food systems.

Teams of 2-4 high school students (grades 10-12) currently enrolled in North Carolina Career and Technical Education Food, Nutrition, and Culinary Arts courses can participate in the NCJCC. The NCJCC consists of two parts: 1) a recipe contest and 2) cook-off. Student teams must develop a recipe that meets the guidelines to submit for the NCJCC recipe contest. During the NCJCC cook-off, finalist teams must prepare, cook and plate their recipe and present (2) plates of their prepared recipe to judges.

Important Dates:

- September 17, 2019, 4:30 pm - Participate in a webinar to learn more about the NC Jr. Chef Competition. [Register](#) in advance for the webinar.
- November 15, 2019 - Teams interested in participating in the NCJCC must submit an Intent to Compete.
- December 6, 2019 - Teams must submit a Photo of their Recipe along with a completed Application, Recipe, Photo of the Dish, and Parental Permission and release forms for each team member.
- December 18, 2019 - Teams will be notified if they have been selected as a finalist.
- February 6-7, 2020 - Eight finalist teams will participate in a cook-off at Johnson & Wales University in Charlotte. The winning team will be announced during the NC FCCLA Culinary Arts Awards Ceremony immediately following.

Submitted by Tracey Bates