

October 2022:



**Eat Smart, Move More NC Partner**

Register Now for  
***Eat Smart, Move More NC Virtual Partner Meeting***

**Thursday, November 17, 2022**

**1:00 pm - 2:30 pm**

***“Weighty” Matters: Inclusive & Compassionate Approaches to Whole Person, Whole Community Health***

Current weight-focused efforts within our communities and settings (healthcare, schools, media, etc.) may be contributing to weight bias and stigma which can cause harm. This webinar will highlight these practices and share evidence-based principles and resources on using a weight-inclusive and compassionate lens. Webinar participants will have time to share their own learning and experiences with others.

***Presenters:*** *Diane Beth, MS, RDN, LDN & Erin Hoffman, MS, RDN, LDN*

Diane and Erin serve as Nutrition Consultants in the Division of Child & Family Well-Being and the Division of Public Health, NC Department of Health & Human Services.

**Register [here](#) to receive the Zoom link for the meeting.**

After registering, you will receive a confirmation email containing information about joining the meeting.

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***Are You Interested in Becoming an  
ESMM Executive Committee Member?  
Recruiting now for 2023!***

Anyone who would like to be considered for serving as a Member-at-Large on the Executive Committee of Eat Smart, Move More NC for the January 2023– December 2024 (2-year) term is invited to apply.

Email [esmmncchair@gmail.com](mailto:esmmncchair@gmail.com) with the subject line “**Application for Executive Committee**” and provide the following information by **Friday, November 11, 2022:**

- Your name, credentials, and job title
  - Your organization/company name, if applicable
  - One paragraph summarizing your experience with Eat Smart, Move More NC
  - One paragraph describing how you would be an asset to the Executive Committee
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### **Take the #NCCrunch Challenge**

October is celebrated as **Farm to School and Early Care and Education Month** in North Carolina. The NC Crunch, hosted by the Farm to School Coalition of North Carolina and the NC Farm to Preschool Network, is an opportunity for youth and adults to taste and learn about North Carolina-grown fruits and vegetables with their schools, early care and education centers, agencies, organizations, and families. It is also an opportunity to thank all those involved in feeding our youth and communities and making farm to school happen, our #farmtoschoolheroes. Everyone can participate.



Sign up at <https://growing-minds.org/north-carolina-crunch/> for the 2022 NC Crunch to receive a free guide with tips, templates, and links to resources. Help us reach all 100 counties and at least 500,000 participants to make it a crunch heard across the state. Share photos of your #NCCrunch activities on social media and tag **@NCSchoolMeals**, **@F2SCoalitionNC** and **@NCFarmtoPreschool**.

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### **Upcoming Conferences of Interest:**

<b>Conference</b>	<b>Dates and Location</b>	<b>Website</b>
No Kid Hungry Webinar <b>NC Child Nutrition Impacts:</b> A Debrief Event for the <b>White House Conference</b> on Hunger, Nutrition, and Health"	Oct 26 <sup>th</sup>	<a href="#">Website and Registration</a>
NC SHAPE	Oct 27 <sup>th</sup> – 29 <sup>th</sup> Winston- Salem	<a href="#">Website and Registration</a>
NC School Nurse Conference	Dec 8 <sup>th</sup> - 9 <sup>th</sup> Greensboro	<a href="#">Website and Registration</a>

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## Stay Tuned for 2023 Meeting Dates

Until then, be sure to join the Holiday Challenge!



### ***Maintain, Don't Gain This Holiday Season***

This holiday season, the only thing that should be “stuffed” is the turkey. Many Americans gain between 1 and 5 pounds each holiday season. While it might not sound like much, most people never manage to lose those extra pounds. You are invited to join the 15th annual *Eat Smart, Move More, Maintain, don't gain! Holiday Challenge*. Rather than focusing on trying to lose weight, this **FREE** seven-week challenge provides you with strategies and resources to help *maintain* your weight throughout the holiday season.

In 2021, more than **47,600** people from around the world participated.

**More Info Coming Soon about 2022 Holiday Challenge**

[Register Now](#)

*Registration does not close and you may sign-up at any time.*

*For questions regarding the Holiday Challenge, please refer to the [Holiday Challenge FAQ Page](#).*

**Join us in working toward the Eat Smart, Move More NC vision:** a North Carolina where healthy eating and active living are the norm, rather than the exception.

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**eatsmartmovemorenc.com**

