



## Eat Smart, Move More NC Partner

### *A Word from our Chair*

We had a wonderful time during our "Connecting Students, Colleges, and Partners" meeting on September 28, 2023. In case you missed it, please watch the [recording](#) and review the [presentations](#)!

Eat Smart, Move More North Carolina is a great place to connect and collaborate with like-minded people who aspire to build communities of health in North Carolina. If you attended, I hope that you were able to connect with someone who you can mentor, shadow, be shadowed by, or a mentor to! We also learned about the Nutrition Sciences Program at North Carolina Central University that encourages their students to engage in opportunities to expand their knowledge in career opportunities.

We are working on a document to help connect students and opportunities, and we hope that you will help us by [providing information](#) that your organization or institution offers.

We look forward to celebrating ESMMNC partners and their accomplishments on November 16. Please mark your calendar and watch for details on registering for the in-person luncheon meeting.

Finally, if you are interested in becoming part of the Executive Committee, we encourage you to apply and use your skills to support ESMMNC!



See you soon!

Jayne McBurney, Chair

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## ***SAVE THE DATE!***

**Thursday, November 16, 2023  
12:00 noon – 2:00 pm**

## Celebrating Eat Smart, Move More!

Hall of Fame Awards  
Champion Awards  
Innovator Awards  
[Student Awards\\*](#)

*Applications for students are still open through October 15<sup>th</sup>*

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## Celebrate School Lunch and Farm to School in October!

North Carolina, October is celebrated as **Farm to School and Early Care and Education Month**. With the **#NCCrunch**, youth and adults can taste and learn about North Carolina-grown fruits and vegetables with their schools, early care and education sites, agencies, organizations, families, and communities. It is also a great opportunity to thank all those involved in feeding our youth and communities and making farm to school activities happen, our **#NCFarmtoSchoolHeroes**.

The **#NCCrunch** is co-hosted by the Farm to School Coalition of North Carolina and the N.C. Farm to Preschool Network. This year, the partners have created a new N.C. Crunch logo to highlight both fruits and vegetables. In addition, a new guide with tips and resources, flyer, sticker template, promotional video, social media graphics, and more are available. Access all these free resources by signing up for the 2023 N.C. Crunch. Click [here](#) to learn more.

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The second week in October is **National School Lunch Week (NSLW)**. The 2023 **#NSLW** theme is “Level Up with School Lunch”. N.C. School Nutrition professionals have been diligently working to “Level Up” school lunch by offering [innovative recipes](#)



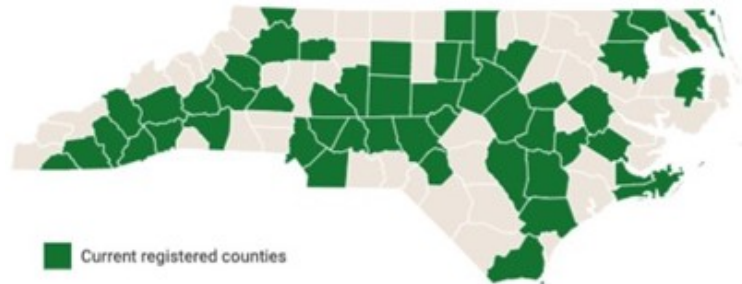
that appeal to students and feature locally grown ingredients, whole grains, fruits, vegetables, lean proteins, and low-fat dairy. Learn more and access free NSLW promotional resources from the national [School Nutrition Association](#).

Students and staff are encouraged to eat school lunch, and schools are encouraged to celebrate NSLW and recognize their dedicated **#NCSchoolNutritionHeroes**. Help us reach all 100 counties and 500,000 kids and adults to make this a **#NCCrunch** heard across the state! Make sure your school, public school unit, and/or county are represented on the N.C. Crunch map. To show their support, the N.C. State Board of Education (NCSBE) took a N.C. Crunch photo during their October meeting. In addition, NCSBE Chair

Davis and State Superintendent Truitt recorded video messages encouraging schools to celebrate NSLW, Farm to School and Early Care and Education Month, and the N.C. Crunch.

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## NC Crunch 2023 Participation



\*Updated 10/02/2023

Follow **@NCSchoolMeals** and **@F2SCoalitionNC** to check out the photos and video's. Also, post about your **#NSLW** and **#NCcrunch** activities and tag **@NCSchoolMeals** and **@F2SCoalitionNC**.

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## *Recruiting now for 2024!*

Are You Interested in Becoming an ESMMNC Executive Committee Member?

Executive Committee membership is a great way to build leadership skills and get to know others from across the state. You will be making a time commitment of about 4 hours a month by serving on a sub-committee, attending EC meetings, planning partner meetings, or managing communications.

We encourage you to serve as a Member-at-Large on the Executive Committee of Eat Smart, Move More NC for a one year term (January 2024 – December 2024) OR a two year term (January 2024– December 2025). Complete the [Google Form](#) by November 10 to be considered.

You will be asked to provide the following:

- Your name, credentials, and job title
- Your organization/company name, if applicable
- Length of term that you are interested in serving,
- One paragraph summarizing your experience with Eat Smart, Move More NC
- One paragraph describing how you would be an asset to the Executive

***With Appreciation for the ESMM Partners!***



Jayne McBurney, Chair



Richard Rairigh, Vice Chair



Joanne Lee, Past Chair

Learn more about the full Executive Committee at:  
<https://www.eatsmartmovemorenc.com/executive-committee/>

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**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](https://www.eatsmartmovemorenc.com)**

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