

Making the **HEALTHY** Choice the **EASY** Choice with Steps to Health

Steps to Health educates and inspires North Carolinians to eat smart and move more through targeted programs for youth and adults. Our goal is to help participants make healthy choices within a limited budget and choose physically active lifestyles.



E DUCATE: We teach youth and adults across North Carolina about nutrition, food resource management, and physical activity. Our educators share nutrition and health information in a way that everyone can understand and apply.

A DAPT: We work with our communities to adapt the environments where we live, learn, work, shop, and play. We use evidence-based information to improve policies, systems, and environments so that the healthy choice becomes the easy choice. We meet you where you are!

S USTAIN: By combining education with environmental interventions, we contribute to transformative, lasting health outcomes for North Carolinians.

Y OUR COMMUNITY: Steps to Health educators are your neighbors, serve in your community and are employed by the North Carolina Cooperative Extension.

Do you need help making healthy meals on a limited budget? Contact your North Carolina Cooperative Extension County Center for more information.


Supplemental Nutrition Assistance Program Education (SNAP-Ed)

www.ncstepstohealth.org



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