

Access to Healthful Food in Virginia



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Innovations

Poverty and Obesity

- Cooperative Extension
- EFNEP/SCNEP
- Community Agencies
- School-based Programs
- VT Human Nutrition, Foods & Exercise

Diabetes

- Cooperative Extension

Super Pantry

- Nutrition
 - Life skills
 - Healthful food
 - Child care
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- Cooperative Extension/Smart Choices Nutrition Education Program
 - Blue Ridge Area Food Bank
 - AmeriCorpsVISTA

Kid's Cafe

- After school setting
- Nutritious snacks/meals
- Mentoring
- Nutrition education
- Skills

- Second Harvest/ Food Banks

Backpack Programs

- Nutritious food sent home with children
 - Preschools
 - Headstart
 - Schools
 - After school programs
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- Second Harvest/ Food Banks
 - Local organizations (i.e. Kiwanis, Rotary)

Local School Wellness Policies

- Mandated for schools participating in USDA National School Lunch Program
- Effective 2006-2007 academic year
- District/division level policies
- Local/school implementation
- Includes nutrition, physical activity
- School Health Advisory Boards (division-level), Local Wellness Teams (school-level)

Mini-grants to Local Schools

- Mathews County
 - Montgomery County
 - Orange County
 - Spotsylvania County
 - Waynesboro
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- Virginia Parents' Action for Healthy Kids/ Kellogg Foundation

Hurt Park Healthy Living Program

- 21st Century after school program in Roanoke
 - Healthful snacks
 - Physical activity
 - Nutrition education
 - Integrated into SOL-prep curriculum
 - Parent/family nights
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- Funded through Virginia Department of Health
 - Roanoke City Health Department
 - Roanoke City Schools

VT Human Nutrition, Foods & Exercise

- Food Friends
- Parent Survey: Nutrition/Physical Activity Resources
- Offer versus Serve School Lunch service
- 100 Mile Diet
- Cost Analysis for Produce

Dining with Diabetes

- 4-week program (2 hrs/week)
- Locations:
 - Dickenson County
 - Wise County (Big Stone Gap)
 - Patrick County
 - Pulaski County
 - Roanoke
 - Fairfax
 - Accomac
- CDC, West VA Cooperative Extension, VA Cooperative Extension

Information/resources

- http://nationalservicerresources.org/epicenter/practices/index.php?ep_action=view&ep_id=676
- <http://www.cvfb.org/kidsafe/default.asp>
- <http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>
- http://www.secondharvest.org/how_we_work/programs_we_support/back_pack_program.html
- <http://www.actionforhealthykids.org/>
- <http://www.ext.vt.edu/actionforhealthykids/guidelines.pdf>
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