

## PICH PRODUCE PRESCRIPTION PARTICIPATING NUTRITION EDUCATION PROGRAMS

Partnerships to Improve Community Health is partnering with nutrition education programs across Northeastern North Carolina to provide FREE fresh fruits and vegetables to participants in the form of vouchers that can be used at the local farmers market. See below the programs that are offering this program!

<u>County</u>	<u>Program</u>	<u>Contact Info</u>
Beaufort County	Diabetes Prevention Program (DPP)	Anna Parker: <a href="mailto:anna.parker@bchd.net">anna.parker@bchd.net</a>
Beaufort County	Living Healthy with Diabetes	Mariana Rolinsky: <a href="mailto:mrolinsky@agapechc.org">mrolinsky@agapechc.org</a>
Bertie County	Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)	Sara Forman: <a href="mailto:sforeman@arhs-nc.org">sforeman@arhs-nc.org</a>
Bertie County	Faithful Families	Wanda Stallings: <a href="mailto:wanda.stallings@arhs-nc.org">wanda.stallings@arhs-nc.org</a>
Edgecombe County	Expanded Food and Nutrition Education Program (EFNEP)	Natema Drummond: <a href="mailto:nsdrummo@ncsu.edu">nsdrummo@ncsu.edu</a>
Hertford County	Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)	Sara Forman: <a href="mailto:sforeman@arhs-nc.org">sforeman@arhs-nc.org</a>
Hyde County	Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)	Jenna Brinn: <a href="mailto:jbrinn@hydehealth.com">jbrinn@hydehealth.com</a>
Hyde County	Family and Consumer Sciences Programs	CatieJo Black: <a href="mailto:catiejo_black@ncsu.edu">catiejo_black@ncsu.edu</a>

*If you are participating in a nutrition education program that is not on this list, contact the Healthy Foods Coordinator at [Maryjane.lyonnais@arhs-nc.org](mailto:Maryjane.lyonnais@arhs-nc.org) or 252-340-0395 and ask if your program can be added.*

### **Diabetes Prevention Program (DPP) in Beaufort County**

#### **1. What is the goal of the program?**

To reduce the risk or delay the onset of Type II Diabetes.

#### **2. Who is eligible?**

You must score a 5 or higher on the CDC pre-diabetes screening form OR have evidence of pre-diabetes in the past 12 months by: having fasting glucose between 100-125 mg/dl, an A1C between 5.7 and 6.4 or be clinically diagnosed with gestational diabetes during a previous pregnancy (which may be self-reported).

#### **3. How do I apply?**

By calling 252-904-5096. You will then receive additional information regarding A1C screening and completion of forms.

#### **4. Find more details about this program at: <https://co.beaufort.nc.us/departments/human-services/public-health/departments/community-health/diabetes-prevention-program>**

## **Living Healthy With Diabetes**

### **1. What is the goal of the program?**

To help people with chronic conditions develop strategies and support groups to feel healthier and improve their quality of life.

### **2. Who is eligible?**

People with chronic conditions that want to learn ways to manage their condition.

### **3. How do I apply?**

To register:

- a) Call 252-644-710
- b) Email [CDSME2019@AGAPECHC.org](mailto:CDSME2019@AGAPECHC.org)
- c) Go to: <https://www.agapechc.org/event-details/living-healthy-with-chronic-condition>

### **4. Find more details about this program at: <https://www.agapechc.org/copy-of-public-health>**

## **Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)**

### **1. What is the goal of the program?**

WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children funded by the United States Department of Agriculture. It is commonly referred to as the WIC Program. County health departments, community and rural health centers, and community action agencies provide WIC Program services.

### **2. Who is eligible?**

To qualify for WIC, applicants must be both income eligible and have an identified medical/nutritional risk factor. These criteria will be assessed when you apply for WIC at your local WIC office. WIC is available to pregnant, breastfeeding, and postpartum women, infants, and children up to age five. To participate, these persons must:

- a) Live in North Carolina.
- b) Have a family income less than 185% of the U.S. Poverty Income Guidelines. A person receiving Medicaid, Work First Families Assistance (TANF), or assistance from the NC Food and Nutrition Services automatically meets the income eligibility requirement.
- c) Be at nutritional risk. A nutritionist or other health professional makes the nutritional risk assessment at no cost to the participant, usually at the local WIC office.

### **3. How do I apply?**

- a) To apply for the WIC Program please contact the office of the local WIC agency that serves the residents of the county in which you live, or fill out the WIC Referral Form. To find the location of the WIC office for your county, you may: Check the county directory on the website or contact your local health department. To obtain additional referral forms, pamphlets, or other information contact your county health department.
- b) When you go to apply for WIC, please remember to bring:
  - i. Proof of identification (for all individuals applying for WIC) (Only one is needed): - Valid driver's license, Social Security card, current work/school ID, current Medicaid card, current military ID, birth certificate, immunization record, and for infants: hospital crib card, ID bracelet or mother's verification of facts form.
  - ii. Proof of income (for all household members with income): Current paycheck stubs, if self-employed your recent tax return or history of earnings for the past twelve months, current Medicaid card, a letter of certification for the NC Food and Nutrition Services, a letter from your employer stating gross income and frequency of pay, unemployment letter/notice.
  - iii. Proof of residence (where you live): (Only one is needed) - Current utility bill, valid driver's license, current Medicaid card (or presumptive eligibility form), bank statement, current rental or mortgage receipts, Division of Motor Vehicle ID card.

**4. Find more details about this program at:** <https://www.fns.usda.gov/wic>

### **Faithful Families**

#### **1. What is the goal of the program?**

To inspire faith communities to be health champions for individuals, families, and local communities. The program trains and brings together facilitators (nutrition and health educators) and Lay Leaders (non-clergy members) to co-deliver the program in faith settings.

#### **2. Who is eligible?**

Faith-Based congregations.

#### **3. How can I apply?**

Reach out to your local health department or cooperative extension and ask if there is a Faithful Families facilitator in your area.

**4. Find more details about this program at:** <https://faithfulfamilies.com/>

## **Expanded Food and Nutrition Education Program (EFNEP)**

*Currently the only EFNEP that is participating in Edgecombe County, if you know of an EFNEP program in your county, contact the Healthy Foods Coordinator at [Maryjane.lyonnais@arhs-nc.org](mailto:Maryjane.lyonnais@arhs-nc.org) or 252-340-0395 and ask if your program can be added.*

### **1. What is the goal of the program?**

The Expanded Food and Nutrition Education Program (EFNEP) is the nation's first nutrition education program for low-income populations and remains at the forefront of nutrition education efforts to reduce nutrition insecurity of low-income families and youth today.

### **2. Who is eligible?**

- a. Adults or youth
- b. Low-income families with children 19 or younger- target audience
- c. If not low income can still attend the classes
- d. Pregnant teens or adults
- e. Single or double parent home
- f. No limitations on demographics
- g. How can someone apply for EFNEP?

### **3. How can I apply?**

Email your EFNEP Coordinator or go to [ncfamilieseatingbetter.org](http://ncfamilieseatingbetter.org) and click on EFNEP for tips, recipes, and partners then fill out the pre-survey and post-survey form to measure hopeful improvement to lifestyle

5. Find more details about this program at: [www.ncfamilieseatingbetter.org](http://www.ncfamilieseatingbetter.org)

## **Family and Consumer Sciences Program**

### **1. What is the goal of the program?**

It is an educational outreach program using evidence-based methods & data to provide you with knowledge & skills in nutrition, health, food safety, food preservation, & local food systems, as well as housing, and family & financial resource management.

### **2. Who is eligible?**

Programs vary throughout the year. Some are dependent on income level and others are open to the public.

Programs that are funded through SNAP-Ed, such as the Steps to Health classes (Color Me Healthy, Kids Club, Grade-level classes, Take Control) are based on income. For those in the school setting, schools must participate in the National School Lunch or Breakfast Program. The school building must have at least 50% of students receiving a

free or reduced meal. For the adult education, Take Control, a site is eligible if it is documented to serve generally low-income people, where at least 50% of people have gross incomes at or below 185% of the Federal Poverty Line. Locations that qualify automatically: Public housing developments, congregate nutrition sites, county health department programs like Wise Woman, WIC, JobLink/Work First participants, shelters (homeless or domestic violence), prisoner reintroduction programs with parolees, food pantries, and soup kitchens.

### **3. How can I apply?**

Most programs are either a multi-week curriculum that you would complete a registration and sign up for through advertised Eventbrite links or they are one-time classes or workshops, also available on Eventbrite to register. When these programs are available, the program will be added to Eventbrite, and the information will be made available to the public in various means - social media, virtual newsletter to those who are signed up for the email listserv, sometimes posting physical flyers throughout the county, sharing with local newspapers or organizations who help share upcoming events. Typically, there are no requirements to be approved to participate in any programs, curriculums, or workshops offered by the FCS program.

### **4. Find more details about this program at: <https://www.ces.ncsu.edu/about-fcs/>**