






Nutrition Resources

If you want to...	Talk to...	Information you should know...	Benefits...
Visit a farmer's market, produce stand, or pick-your-own farm 	(Name of farmer's market, produce stand, or pick-your-own farm, and name and number of contact person) _____ _____ _____ _____	(Days and hours of operation) _____ (Location) _____ _____ (Cost information) _____ _____	Get fresh fruits and vegetables that are locally grown! 
Join a food-buying club 	(Name, number and host organization of SHARE representative in your area) _____ _____ _____ _____ _____	(Name and location of host organization) _____ _____ _____ (Information about pick-up days and times) _____ _____	The SHARE (Self-Help and Resource Exchange) program allows community members to buy a box of food (meat, fresh fruits, vegetables, staples) for \$16 and 2 hours of community service (retail value \$35).
Learn about healthy restaurant options in your area 	(Name and number of local Winner's Circle representative) _____ _____ _____ _____	(Names and locations of local restaurants that are Winner's Circle approved) _____ _____ _____ _____	Winner's Circle promotes partnerships between local restaurants and health agencies to encourage healthy eating in North Carolina.
Learn how to cook healthy, delicious meals 	(Name and number of Cooperative Extension Agent) _____ _____ (Name, number, title and agency name of other nutrition class coordinator(s)) _____ _____	(Class times/dates) _____ (Locations) _____ (Cost) _____ (How to sign up) _____ _____	Learn how to shop for and cook healthier foods while meeting others with the same interests.
Other nutritional resources	_____ _____ _____	_____ _____ _____	