

Just ASK! how you can improve nutrition at school!

Just ASK! grants give schools the opportunity to engage in health programs throughout North Carolina.



The Pittsboro Elementary PTA hosted a healthy eating program. Working with parents, the principal and PE teacher, local farms and businesses, their county health department, and a local nonprofit, they were able to have an educational and fun program for the kids.

Easy ideas for your school:

- School gardens
- Cooking classes
- Healthy food options at events
- Taste tests
- Eliminating food-based fundraisers



Visit www.ncpta.org for more ideas and info!

Town Creek Elementary

With the \$500 awarded to us from the JustASK! Grant, we were able to give them hand-on experience with real food. Our goal was to educate them about nutrition and healthy food choices.

With the grant money, we were able to purchase materials for a kid-friendly classroom cooking kit, ingredients for rainbow salads, and a few tools for tending our school garden, where kids are learning how to grow fruits and vegetables themselves.

-Town Creek Elementary



The education of children depends, to a great degree, on their overall health. Our public schools must help children learn the value of balanced nutrition, sensible exercise and good overall health. North Carolina PTA will support public policies at all levels of government and school programs that help to maintain the health and wellness of children.

The North Carolina PTA