

Healthy Lifestyles



The History of PTA

- Founded February 17, 1897 working exclusively on behalf of all children and youth.
- Members are devoted to supporting student achievement and promoting parent involvement in schools
- NCPTA is the state's oldest and largest volunteer organization advocating for the education, health, safety and success of all children and youth while building strong families and communities
- PTAs across NC impact more than 685,000 students and families daily

Why Does NCPTA Care?

- 1946 PTA helped enact the legislation for the original National School Lunch Act
- Obesity epidemic, malnutrition, disease, access to healthy food, poor nutrition, and lack of healthy lifestyles education for families
- Adequate nutrition improves school attendance, learning, behavior, and productivity
- Supporting efforts to improve child nutrition and wellness

PTAs in Action Across NC

- Anson County Schools replacing cafeteria fryers with steamers
- Wake Forest Elementary local chef competition for school-family event
- Purchasing large classroom trashcans for classroom breakfast
- Apex Middle grab-n-go increased students eating breakfast by 200%
- Estes Elementary in Buncombe hosts a school garden that donates produce
- Universal Breakfast programs

PTA Advocates For Solutions

- Awareness of 2014-15 eligibility of communities for school food program
- Elementary students eating in the classroom
- Middle and High School is grab-n-go and second chance breakfasts
- Education for school administrators on the policies and benefits of school breakfast
- Parent education on the value of school breakfast and child nutrition services
- Parents should be the principal voice sending messages to their children about nutrition and healthy living

More on NCPTA's Efforts and Resources

www.ncpta.org

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