

Dr. Carolyn Dunn



Areas of expertise:
Nutrition education
Nutrition for children
Weight Management
Physical Activity

Carolyn is the author/developer for numerous programs and tools that address healthy eating and physical activity. She is the co-author of Color Me Health, the award winning nutrition and physical activity program for children ages four and five (www.colormehealthy.com). She and colleagues have also created Cook Smart, Eat Smart; Eat Smart, Move More, Weigh Less; Families Eating Smart and Moving More; SyberShop; Women Living Healthy Women Living Well and numerous tools that are part of the Eat Smart, Move More North Carolina movement (www.eatsmartmovemorenc.com). She currently serves as Chair of Eat Smart, Move More, North Carolina. Carolyn is the Associate State Program Leader for Family and Consumer Sciences.



Dr. Ben Chapman

Assistant Professor, Food Safety Specialist

Hailing from Canada originally, Ben completed his BSc, MSc and PhD at the University of Guelph. In the past, he has designed, implemented and evaluated on-farm food safety programs; consulted for industry and government around food safety issues and conducted observation studies at community dinners and foodservice. Weekly, Ben develops food safety infosheets, one-page postable training tools based on current food safety outbreaks supplemented with graphics aimed at putting food safety in context for food handlers (www.foodsafetyinfosheets.com). His current interests are developing food safety messages and delivery mechanisms targeted at food handlers, from farm-to-fork, with the objective of changing behaviour. He is exploring blogging (at barfblog.com), twitter and social media networks for their potential to foster a culture of food safety. A former Toronto Maple Leaf fan (and current Carolina Hurricanes fan) Ben spends much of his free time discussing the virtues of hockey with his wife, Danielle, and son Jack.

Dr. Jackie McClelland



Jacquelyn W. McClelland is a professor, Department Extension Leader, and nutrition specialist. As professor and specialist she provides leadership and expertise to the overall adult nutrition arena as well as to specific topics of diet-related chronic disease issues including heart disease, cancer, stroke, diabetes, obesity, and osteoporosis.

She has developed or contributed to the development of nutrition education programs including:

- *SNAP-Ed Steps to Health (targeting limited resource older adults' nutrition needs)
- *Partners in Wellness (targeting limited-resource older adults and malnutrition),
- *Black Churches United for Better Health (targeting African Americans and cancer),
- *Building Bones for a Lifetime (targeting adults and osteoporosis), and *Give Your Heart A Healthy Beat (targeting adults and heart disease and stroke).

She is the Editor-in-chief of The Forum for Family and Consumer Issues, a peer-reviewed e-journal for the field of family and consumer sciences, posted at: <http://www.ncsu.edu/ffci/>



Dr. Montreka Dansby,
Nutrition Specialist
(336) 334-7915 x2111
mydansby@ncat.edu

Steps to Health – SNAP-ED

NCSU's Supplemental Nutrition Assistance Program - Education (SNAP-ED) is called "Steps to Health". The Goal of "Steps to Health" is to improve the likelihood that persons eligible for the Supplemental Nutrition Assistance Program (SNAP-formerly know as Food Stamps) will make healthy food choices within a limited budget and choose physically active lifestyles. Using key nutrition messages FCS agents in 44 counties across North Carolina deliver a 10-session nutrition education program to older adults and/or 3rd graders in designated low income schools or congregate nutrition sites. The program requires an annual grant process when, if allowed by the State of NC, new counties can be added,



Ellen Clevenger-Firley, MS, RD

Ellen Clevenger-Firley is the Project Coordinator of NCSU's SNAP-Ed Program "Steps to Health". Ellen is responsible for the grant writing, program coordination and evaluation of both educational components of the Steps to Health program across 44 counties in North Carolina. In her free time she enjoys gourmet cooking and travel.



Lindsay Hecht, MS, RD

Lindsay Hecht currently serves as the School Nutrition Associate on the STEPS to Health NCSU's SNAP-Ed program. Lindsay received her BSPH in Nutrition from UNC-Chapel Hill and her MS in Nutrition from and Internship at UNC-Greensboro. She is an avid Tarheel fan. She enjoys being physically active, volunteering with the state and local dietetics group, and providing nutrition counseling at a free medical clinic.



Katy Wineland, MPH, RD

Katy Wineland is the Adult Nutrition Associate with Steps to Health, NC State University's SNAP-Ed program. She is involved in curriculum development and coordination and oversight of the older adult nutrition education program that operates out of congregate nutrition sites in counties across the state. Katy is a graduate of NC State University and the University of Michigan and is excited to call NC State home again. Go Pack! In her free time she enjoys cooking and trying out new recipes and also running (to work off those recipes).



Jenelle Williams, MS

Jenelle serves as the Data Analysis Associate and Pilot Project Manager for Steps To Health, NCSU's SNAP-ed program. She collects, organizes and enters all incoming data and assists in analysis to determine nutrition education outcomes. Jenelle recently received her MS in Nutrition from Meredith College and will be taking the Registered Dietitian exam this fall. She enjoys cooking vegetarian cuisine and training for the OBX Marathon.