

# EFNEP SUCCESS STORIES

## 2014 NC Cooperative Extension Edgecombe County

### Struggling Mom Learns Money-Saving Tips at Critical Time in Life

Edgecombe County is designated as a Tier 1 county, which means it is one of the more economically depressed counties in the state. According to the NC Department Of Commerce, Labor and Economic Analysis Division figures, the unemployment rate for North Carolina is 6.4%. Edgecombe County has the 2nd highest unemployment rank in North Carolina at 11.0%.

The Expanded Food and Nutrition Education Program (EFNEP) encourages limited resource families and youth to explore and learn how to Eat Smart and Move More. The nutrition education classes include food safety, portion control, increasing physical activity, and food resource management. EFNEP partners with community stake holders and agencies to offer classes to help families get the most value from their food dollars as well as provide fun and simple strategies designed to improve participants knowledge and understanding to obtain and maintain good health.

EFNEP partnered with Edgecombe Community College's adult GED program. For one participant, the classes were offered at a crucial time, she states, "As a single parent of three children ages, 9, 11, and 15 and newly laid off from my job, I was very worried about returning to school to get my GED. When the instructor told us about the EFNEP program, I did not know what to expect but, I must admit, I was pleasantly surprised. One of the most important things I learned was to take time to clip coupons and use a grocery list. I also recently asked my local store for a loyalty savings card and started using it the same day. I was glad I did because I saved a lot using coupons and getting the sales prices. At a time when I really have to watch every penny, it was great to be able to see how much I am saving. The EFNEP classes have really helped me to stretch my food dollar and helped me to provide healthy, easy and quick meals for family." The participant reported she is saving about \$20.00-\$30.00 on her food bill now.



### Teachers Choose 4-H EFNEP as Most Effective Resource for Students

According to the Data Resource Center for Child & Adolescent Health, 31.4% of youth 10-17 years old in North Carolina are overweight or obese.<sup>1</sup>

During the school year 2013-2014, Edgecombe County 4-H Expanded Food and Nutrition Education Program (EFNEP) Program Assistant worked with Princeville Elementary School to provide a six-week series of nutrition lessons to 302 students (K-5 grades). The program provided youth with the tools to enhance their knowledge regarding basic nutrition and physical activity. Participants were introduced to "new foods" such as "whole grains." 4-H EFNEP sessions taught students the importance of MyPlate, food safety, physical activity, and portion control.

4-H EFNEP made a strong impression in the school with both the students and the staff. According to Assistant Principal, Annette Walker, when teachers were asked to select the most effective and best resources provided to their students, 4-H EFNEP was chosen. The staff stated that the children looked forward to the classes and have shown positive behavior changes, such as bringing more fruits and vegetables to school as snacks instead of candy, chips and cookies. The teachers also noticed the students drinking more water.

*EFNEP helps address the challenges limited resource families face when introducing healthy changes through nutrition education, cooking classes, exercise strategies, and shopping on a limited budget.*

1. <http://www.childhealthdata.org/browse/survey/results?q=2415&r=35>

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