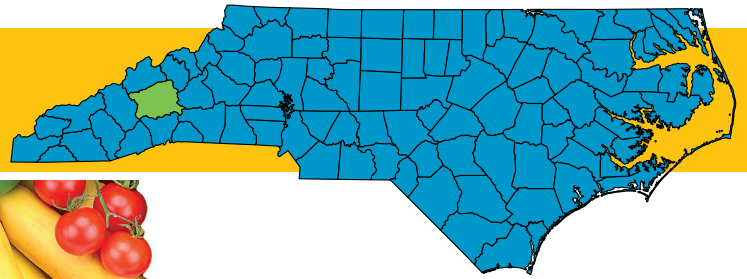




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Buncombe County Report

North Carolina's Challenges

- In North Carolina, **1 in 4** children live in poverty.
- North Carolina's adult obesity rate is currently **30%**.
- **15.2%** of 2- to 4-year-olds from low-income families are obese. This makes us the **7th** most obese state.
- North Carolina has the **18th** highest rate of diabetes and the **11th** highest rate of hypertension.

Supporting North Carolina's Families with Greatest Needs Since 1969

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

- Peer-to-peer, hands-on education in the community
- Healthy, low-cost recipes
- Simple strategies to help families move more together



EFNEP Reaches Diverse Audiences in Buncombe County


In 2016: **134** families enrolled in EFNEP
81% of EFNEP participants enrolled in one or more food assistance programs.


WHAT IS EFNEP?


EFNEP serves limited-resource families with young children, school-age youth, and pregnant teens through a series of lessons offered by paraprofessionals and volunteers, many of whom are indigenous to the population. In 2016, EFNEP served 45 counties in North Carolina. Participants learned how to:


- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

EFNEP Makes a Real Difference in Buncombe County

 **100%** of EFNEP participants improved dietary intake.

 **66%** now practice daily physical activity.

 **93%** practice better food resource management.

 **86%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **6** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



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Buncombe County
EFNEP programs obtained

\$6,223

in funding and support
from local efforts.

EFNEP SUCCESS



Using these new cooking methods and understanding how to use the Nutrition Facts label was instrumental in reducing her salt and calorie intake, shedding approximately 25 pounds, and lowering her blood pressure.



Parent Chooses Fruits and Vegetables Over Processed Foods

Several factors can influence a limited income family's ability to consume a healthy diet. One of the most common is the lack of confidence in the kitchen. A poor knowledge of basic nutrition and inadequate cooking skills can negatively affect the selection and preparation of healthy foods.¹

That lack of self-confidence is often observed at Montmorencia's Free Market. As a Manna Food Bank distribution site, Montmorencia United Methodist Church hosts a Free Market where hungry neighbors are offered a variety of processed food products and produce every Tuesday afternoon. Free Market volunteers have noted repeatedly that recipients select the processed bread products, which include cakes and other sweetened processed foods, before selecting fresh fruits and vegetables.

Knowing research shows classes that teach how to select and prepare nutritionally healthy foods on a restricted budget could enhance dietary intake², Montmorencia's minister invited the Expanded Food and Nutrition Education Program (EFNEP) to work with Free Market recipients.

In each 10-lesson series, recipients learned how to plan meals, shop smart, and keep foods safe as these skills also play an important part in providing healthy meals for their families. A hands-on food preparation activity allowed participants to prepare recipes that contained fresh produce and other nutritional foods being offered at the Free Market that day. Their in-class EFNEP experiences gave each recipient the confidence needed to plan, prepare and serve a variety of foods for their families at home. It didn't take long for the Free Market volunteers to see a difference in their food selection behaviors. The EFNEP participants were selecting fresh fruits and vegetables first on distribution days rather than processed foods. Sweetened bread goods were chosen less frequently.

One EFNEP participant shared the benefits she realized by participating in the program. Prior to attending EFNEP she never selected fruits and vegetables offered at the Free Market because she didn't know how to prepare them. Instead, she would choose processed foods and sweetened bakery items. She knew her family would eat those and there was little preparation involved. However, she also knew her family's health would soon suffer. She, herself, had gained a considerable amount of weight and had recently been diagnosed with high blood pressure. She was very concerned for her two daughters. That's why she decided to attend EFNEP.

This EFNEP participant said being introduced to MyPlate's basic nutrition concepts and learning to cook changed her life. Through EFNEP's hands-on food preparation experiences she learned to grill, roast and bake foods instead of breading and frying them. Using these new cooking methods and understanding how to use the Nutrition Facts label was instrumental in reducing her salt and calorie intake, shedding approximately 25 pounds, and lowering her blood pressure. Her children are now more willing to sample a greater variety of healthy foods. She credited the recipes found in the EFNEP Cookbook for that. By the time she graduated, her grocery bags were free of all sweetened cakes and cookies. Fresh produce and whole-wheat products were all she took home.

Without a doubt, EFNEP's Free Market classes had given this recipient the confidence she needed to prepare healthy foods for her family.

References:

1. http://www.eufic.org/article/en/artid/Cooking_skills_key_health/
2. <http://corescholar.libraries.wright.edu/cgi/viewcontent.cgi?article=1107&context=mph>

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