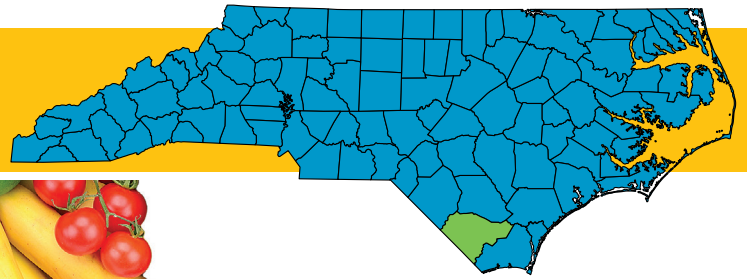




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2016 NC Cooperative Extension Columbus 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



In 2016: **1,239** youth participated in
4-H EFNEP in Columbus county

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 Columbus County



90% of EFNEP participants improved dietary intake.



45% now practice daily physical activity.



83% practice better food resource management.



75% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2016, **86** 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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Columbus County
EFNEP programs obtained

\$13,574

in funding and support
from local efforts.

EFNEP SUCCESS



After completion of the series of lessons, 70% of the students stated that they would eat the recipes again. Additionally, food waste was decreased during this same time with school cafeteria staff and teachers reporting they saw fewer of the healthy items (fruits, vegetables, milk) being thrown in the trash.



Picky Eaters Choose Healthy Options and Reduce Food Waste at School

Researchers have found that exposing children to a variety of foods can be key to reducing picky eating. Often, children need to be exposed to a new food at least 10 times before they will try it. Exposure fosters familiarity, and familiarity fosters tasting opportunities.

For this reason, elementary school teachers in Columbus County invite the Expanded Food and Nutrition Education Program (EFNEP) into their classrooms every year. EFNEP not only teaches the children MyPlate's basic nutrition concepts, it allows them to become more familiar with and actually taste a variety of different foods, particularly fruits and vegetables.

During an introductory lesson at Edgewood Elementary School, the 4-H EFNEP Program Assistant noticed that students were very picky eaters. Many of them were not interested in trying the new foods she offered as part of the introduction to the program. Also, they reported not eating the fruits and vegetables provided in their school lunch.

Armed with this information, the Program Assistant prepared for the remaining lessons in the six-lesson series of classes aimed to teach the youth how to plan and prepare healthy meals and snacks based on the five basic food groups, read the nutrition facts labels found on food products to determine nutrient content, and use safe food handling practices. The lessons also included information about the health benefits of being physically active each day, and youth learn how to make a healthy recipe with each lesson.

The school cafeteria provided the ingredients, including fruits and vegetables, to make the healthy recipes during each lesson. After completion of the series of lessons, 70% of the students stated that they would eat the recipes again. Additionally, food waste was decreased during this same time with school cafeteria staff and teachers reporting they saw fewer of the healthy items (fruits, vegetables, milk) being thrown in the trash. As a result of EFNEP, this group of picky eaters began to try new foods and increased their consumption of healthier foods at school.

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