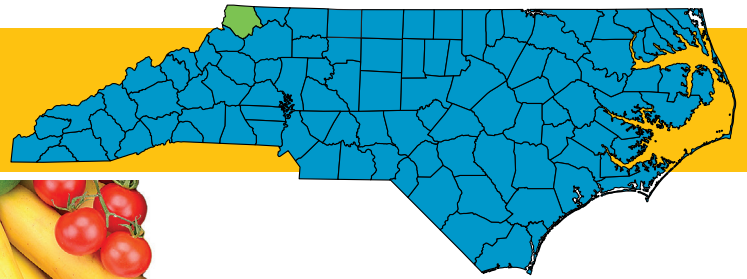




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension Ashe County Report

North Carolina's Challenges

- In North Carolina, **1 in 4** children live in poverty.
- North Carolina's adult obesity rate is currently **31.8%**.
- **15%** of 2- to 4-year-olds from low-income families are obese. This makes us the **17th** most obese state.
- North Carolina has the **15th** 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 Ashe County

In 2017: **25** families enrolled in EFNEP
775 participated in 4-H EFNEP
84% 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 2017, 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 Ashe County



96% of EFNEP participants improved dietary intake.



46% now practice daily physical activity.



96% practice better food resource management.



88% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **53** 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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Ashe County
EFNEP programs obtained

\$11,103

in funding and support
from local efforts.

EFNEP SUCCESS



4th Grader Teaches Family Food Safety

After learning about the importance of using a food thermometer through EFNEP, one 4th grader asked his parents to purchase a digital thermometer and then showed them the correct way to use it. He shared with them a temperature chart provided by the EFNEP Educator so they could learn the correct temperatures for cooking different meats. This student said that his family felt it was easy to incorporate using the food thermometer when cooking especially since he knew how to use it from seeing the demonstrations provided by EFNEP.

Family Learns Skills to Help Them Be Food Secure

Through collaborative efforts between the North Carolina Cooperative Extension Ashe County's Expanded Food and Nutrition Education Program (EFNEP) and the Ashe County Partnership for Children's Family Foundation Program (CFFP), 12 families were enrolled in EFNEP classes. Family Foundations works with families to provide early comprehensive child development and connect clients with additional resources to assist them in improving their quality of life. Family Foundations sought a partnership with EFNEP in Ashe County and requested special emphasis on information about the importance of healthy grocery shopping on a limited budget. Throughout the six sessions, the EFNEP Educator emphasized strategies participants could use to choose healthier options at the grocery store without spending more money.

During the EFNEP classes, all participants learned how to plan a weekly menu and check what groceries they had on hand at home so they could make a shopping list based on what they needed to buy. One particular family was identified as needing additional assistance by Family Foundations so the EFNEP Educator worked closely with them and provided additional lessons to meet their needs.

After attending the class on planning, the family went to the grocery store and shopped with guidance from the EFNEP Educator. During this grocery tour, the family learned to compare nutrition quality of different foods by checking the Nutrition Facts Label on each item and to compare prices using unit pricing. The family stated that the one-on-one, hands-on experience helped them better understand how to shop smarter. This was especially important since one member of the family worked at the grocery store.

While shopping, coworkers of the family member shared that they noticed that the family purchased healthier foods than before, and estimated they likely saved about \$50 off their normal purchases.

As the series continued, the family was encouraged to participate in hands-on cooking demonstrations that were designed to help them build confidence in the kitchen. Later they reported enjoying many of the dishes they prepared from the *Cooking with EFNEP* cookbook they received upon graduation.

Family Foundations reported after visiting the home that they have seen improvements for this family because they are practicing smarter ways to shop and prepare meals for themselves. By demonstrating resource management and cooking skills from EFNEP, this family has greater food security and has not reported running out of food before the end of the month.

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