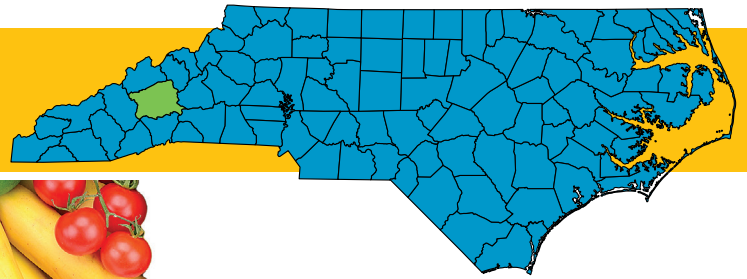




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 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 **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 Buncombe County

In 2017: **194** families enrolled in EFNEP

89% 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 Buncombe County



99% of EFNEP participants improved dietary intake.



65% now practice daily physical activity.



96% practice better food resource management.



86% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **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

\$6,102

in funding and support
from local efforts.

EFNEP SUCCESS



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.

Graduation From EFNEP—Family Food Safety

The Expanded Food and Nutrition Education Program (EFNEP) frequently partners with groups that support grandparents raising grandchildren. Following one series, a grandparent participating in the class shared with the EFNEP Educator how much she had learned while attending the series of classes. She stated that learning to read labels had helped her and her granddaughter who was living with her make healthy choices at home.

Upon her daughter's release from prison, she encouraged her daughter to participate in EFNEP so she could learn the same helpful information that her mother had learned earlier in the year. The grandmother served as a volunteer for the series of EFNEP lessons that her daughter participated in, giving them the opportunity to learn alongside each other.

During one of the lessons focused on keeping foods safe, the EFNEP Educator talked with participants about storing foods at safe temperatures and keeping them out of the Temperature Danger Zone. The daughter commented that she now understood why her mother no longer left meat to thaw on the countertop as she did before.

As the series continued, the daughter and her mother began incorporating more of the strategies they learned such as reading labels and comparing unit prices while they were shopping. Also, they made sure to use correct food safety practices in the kitchen they now share.

The EFNEP classes were important for the daughter as she learned valuable skills to feed her own daughter nutritious foods. Recently she shared, "I'm going to graduate just like my mom."

Learn, Shop & Save

EFNEP partnered with the Free Market, a Manna Food Bank distribution site hosted by Montmorencia United Methodist Church to offer a 10-lesson series where recipients learned how to plan meals, shop smart, and keep foods safe. 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. Additionally, participants attended a grocery store tour to practice skills they learned in class. Post evaluation data showed that 92% of participants improved their skills in food resource management and 83% improved their nutrition practices.

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