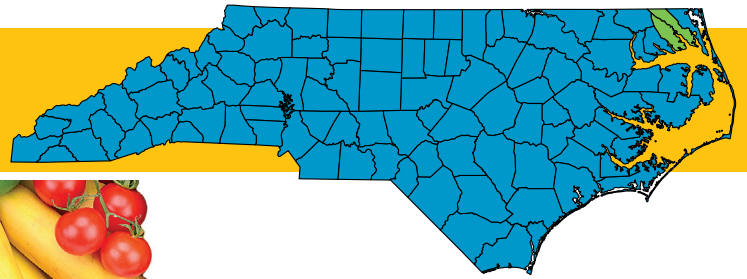




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension Camden and Pasquotank Counties 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 Camden and Pasquotank Counties

In 2017: **118** families enrolled in EFNEP
96% 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 Camden and Pasquotank Counties

 **97%** of EFNEP participants improved dietary intake.

 **34%** now practice daily physical activity.

 **91%** practice better food resource management.

 **85%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **19** 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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Camden and Pasquotank Counties
EFNEP programs obtained

\$16,913

in funding and support
from local efforts.

EFNEP SUCCESS



Food Safety to Reduce Risks of Illness

Thawing foods at room temperature is an unsafe home food practice that has been passed down for generations. As part of the EFNEP series of classes, participants learn safe methods for thawing foods to prevent food borne illness. An analysis of pre- and post evaluation data revealed that as a result of their participation in EFNEP, 83% of participants now thaw foods safely.



Plan to Eat Healthy, Plan to Succeed

Most people stereotype “meal planning” as something that is boring and takes too much time. Four out of five families see nutritious meal planning as a challenge. At the Food Bank of the Albemarle, the Expanded Food and Nutrition Education Program (EFNEP) was able to change participants’ negative thoughts about meal planning. Before the program, a participant struggled with preparing her family’s meals. She said she didn’t have the time or energy to plan her meals out before preparing them. She also shared that she was not physically active. During her participation in EFNEP, she learned how to prepare multiple recipes that could be used as the main dish for family meals. She took home the EFNEP recipes and tried incorporating three of them into her plan for meals. She reported back that both she and her husband truly enjoyed the recipes and that planning her meals had been much easier using the foods she had. Her husband’s favorite dishes were the Blueberry Crisp and the BBQ Pork recipes. She was surprised because the blueberries in the crisp were frozen blueberries and the pork was USDA canned pork that she had received from the food bank. Thanks to EFNEP, she knows how to incorporate each of the foods she receives from the food bank in her plan for family meals. After completion of the EFNEP, this participant stated that she is still planning meals in advance and cooking the EFNEP recipes from the cookbook. Additionally, she started walking during the series and is still walking daily. She reported to the EFNEP Educator that she has even lost five pounds and her children are eating more vegetables.



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