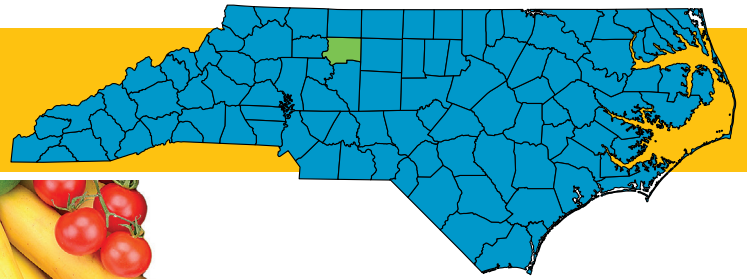




**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



## 2017 NC Cooperative Extension Forsyth 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 Forsyth County


In 2017: **173** families enrolled in EFNEP  
**260** participated in 4-H EFNEP  
**100%** 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 Forsyth County

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

 **95%** now practice daily physical activity.

 **100%** practice better food resource management.

 **100%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2017, **37** 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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Forsyth County  
EFNEP programs obtained

# \$22,446

in funding and support  
from local efforts.

## EFNEP SUCCESS



Following a series of EFNEP lessons with kindergarteners from North Hills Elementary the kindergarten teacher reported that after EFNEP her students decided to stop drinking chocolate milk to reduce their sugar intake. She overheard several children say, "We need to get white milk because it has less sugar and it's better for our bones and teeth." The teacher also shared that the class decided to get at least one vegetable during lunch time and after lunch they talk about what they had eaten and if they liked it. This is an excellent example of how EFNEP lessons can change a school classroom environment to encourage children to make healthier meal choices.



## Farmers' Market Tour Leads to Increase in Fruit and Vegetable Purchases

A diet high in fruits and vegetables is important for preventing many chronic diseases. Vegetables provide nutrients vital for health and maintenance of the body. According to a report by Forsyth Futures, "The ability for all residents to have access to fresh, healthy local foods is an issue that needs to be addressed." Many county residents do not have opportunities to purchase local foods because they are either unaware of its importance in the diet, they have limited access to local foods, or they are under the impression it is too expensive. The NC Cooperative Extension-Forsyth County's Expanded Food and Nutrition Education Program (EFNEP) took steps to address this issue by taking enrolled participants on a farmers' market tour.

The EFNEP educator enrolled participants from Today's Woman, a community clinic that serves limited resource individuals. Participants learned about selecting fruits and vegetables and how to determine what was in season. Participants shared that they never visited a farmers' market because they didn't know how to navigate through one and they thought it was too expensive. The EFNEP Educator informed them that they could use their EBT card and WIC farmers' market vouchers to purchase produce from participating markets. During the last lesson in the series, the EFNEP Educator and participants went on a field trip to the farmers' market. There they met many farmers who were happy to assist them and to talk about their produce. They learned which vendors accepted EBT and WIC vouchers and some participants purchased fruits and vegetables to take home.

As a result of EFNEP and the farmers' market tour, the Today's Woman participants gained confidence to visit their local farmers' markets. One participant shared that she visited the Cobblestone Farmers' Market and learned that her WIC farmers' market vouchers are matched dollar for dollar and she can use her EBT to receive up to \$10 in matched value. This makes purchasing fruits and vegetables more affordable. The participant was able to purchase at least \$20 worth of vegetables that she took home and processed for future meals.



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