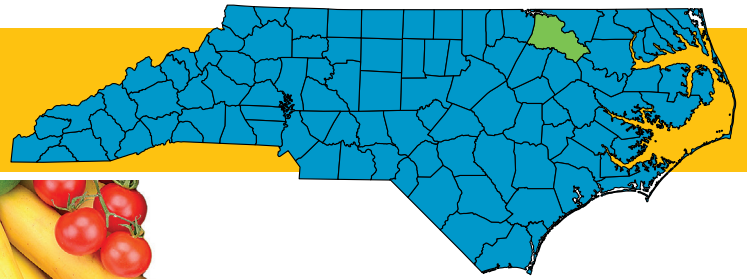




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension Halifax 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



In 2017: **880** youth participated in
4-H EFNEP in Halifax 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 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 Halifax County



99% of EFNEP participants improved dietary intake.



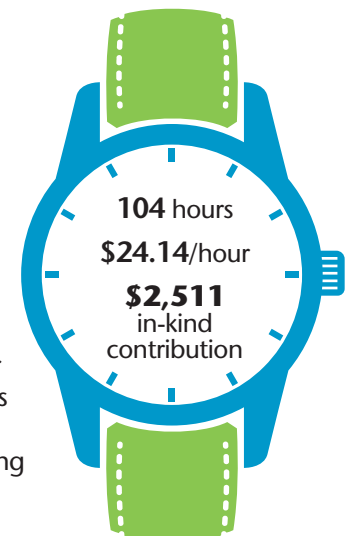
86% now practice daily physical activity.



90% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **16** 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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Halifax County
EFNEP programs obtained

\$16,915

in funding and support
from local efforts.

EFNEP SUCCESS



Seeing the students leave with their hands full of healthy tomatoes, peas, and lettuce was rewarding for both the parents and the teachers



Participants Learn to Like Vegetables

Healthy doses of vegetables can provide many benefits for a child. Fresh vegetables and produce improve performance in school, nutrition, and decrease the risk of childhood obesity. Statistics show that only 22% of children eat their daily-recommended vegetable intake. Most of the second graders in the Scotland Neck Elementary School admitted that they did not like vegetables before participating in the Halifax County Cooperative Extension's Expanded Food and Nutrition and Education Program (EFNEP). This program helped the children understand the importance of vegetables by using creative methods. The first method used was called the "No Thank You" bite rule. For the younger kids, they are only allowed to say "No Thank You" when they have tried a bite of the food that they haven't tried before and didn't like it. Getting them to take that one bite introduces them to the taste of the food, giving them the chance to try the food and see if they like it. Most of the time, they end up liking the food. Since they end up liking the food most of the time, they eat more vegetables. By using the "No Thank You" rule, the children remind other children to take a "No Thank You" bite and then the other children end up liking the food and wanting more as well. Another innovative method EFNEP uses is allowing the children to play with their healthy vegetables. The kids play with "caterpillars" and other "insects" that are made of vegetables like celery, green peppers, broccoli, tomatoes, and carrots. This was very successful in getting the children to eat their vegetables and like eating them. The last method EFNEP used was explaining to the kids in their own words how beneficial vegetables can be to them. The children really enjoyed hearing that the vegetables would make them bigger and stronger. By the end of EFNEP, the second graders' consumption of vegetables skyrocketed from 5% to 85%. EFNEP helped encourage the children to have a friendly relationship with vegetables to benefit them in the future.

EFNEP Inspires School to Start Classroom Vegetable Gardens



Most children don't get the recommended daily servings of vegetables in their diet. Through the Halifax County Cooperative Extension's Expanded Food Nutrition and Education Program (EFNEP) children at Hollister Elementary School were taught "how cool vegetables are." The students were all surprised to see the many different cool colors of vegetables like red, orange, green, yellow, purple, white, and even blue. With their curiosity sparked, the students decided to create a school garden to watch vegetables grow. Each teacher was given their own plot. Seeing the students leaving with hands full of healthy tomatoes, peas, and lettuce was rewarding for both the parents and the teachers.

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