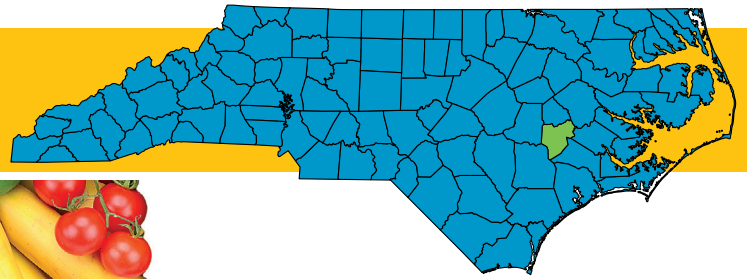




**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM



## 2017 NC Cooperative Extension Lenoir 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 Lenoir County

In 2017: **100** families enrolled in EFNEP  
**240** participated in 4-H EFNEP  
**87%** 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 Lenoir County



**95%** of EFNEP participants improved dietary intake.



**80%** now practice daily physical activity.



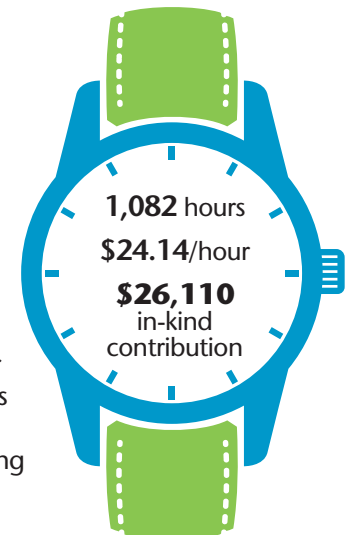
**91%** practice better food resource management.



**84%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2017, **58** 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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Lenoir County  
EFNEP programs obtained

# \$14,484

in funding and support  
from local efforts.

## EFNEP SUCCESS



### Head Start Teacher Learns to Prepare Healthy Meals

The Expanded Food and Nutrition Education Program (EFNEP) in Lenoir County and the Green Lamp Head Start Program partnered together to teach limited resource Head Start teachers how to improve their diets and lifestyles through nutrition education classes. One teacher, a wife and mother of a young son, came to the United States (Lenoir County) 2 years ago to work as a migrant worker. After each session, the participant would prepare the recipe she learned in class at home for her family. She has even increased the fresh vegetables she includes in family meals because she now shops each week at the farmers' market. With the new knowledge and skills she learned and changes she made in her own family's diet, this teacher can now begin to help the children under her care to eat healthy, too.

### EFNEP Helps Young Mom Get a Fresh Start

The Expanded Food and Nutrition Education Program (EFNEP) can be a catalyst for families trying to get back on their feet with a fresh start. A young mother of three who had recently been released from prison and reunited with her children, approached the EFNEP Educator in Lenoir County to ask for help in learning more about how she could stretch her family's food dollars and serve healthy meals at home. What EFNEP had to offer was of high value to this young mother because she was balancing attendance to the series of EFNEP classes with working on her GED, reporting to probation and parole and taking a job skills class. She stated that she wanted to "better herself" and be a good example for her children.

However, she was concerned because before the end of each month, she would typically run out of food. Her solution was to secure additional food through local churches. She was even more concerned because her children were soon to be out of school for the summer, which meant that her family would face an even greater shortage by the end of each month. Like any mom, she also wanted to prepare healthier meals for her children. The EFNEP Educator sat with the mom for about 30 minutes (after class) showing her how to plan meals around what was already on sale at the grocery store. She also helped her develop a grocery list and stressed the importance of sticking to it. This mom typically frequented the store on a daily basis. The EFNEP Educator helped her see how planning trips to the store weekly would also save money.

The EFNEP Educator also reviewed how to use unit prices to get the most quantity for the cost and gave tips on couponing (i.e., where to find coupons, how to use them and how to use discount cards). Over the next couple of weeks, the mom reported that she was doing much better. She began to put into practice what the EFNEP Educator had taught her. She was purchasing healthier items for her family, using coupons, making a shopping list (and sticking to it) and frequenting the grocery store only once a week. In just a few weeks the mom reported that she has noticed her food dollars lasting longer and stated that she will now be able to make it through the month.

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