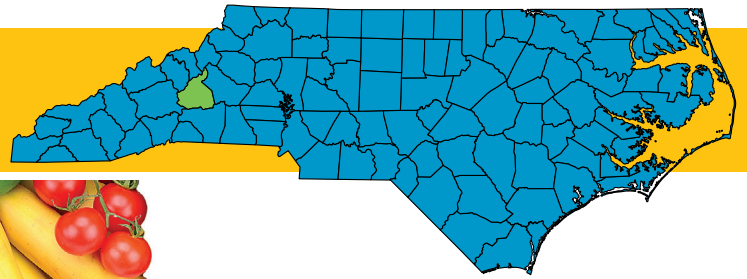




EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



2017 NC Cooperative Extension McDowell 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: **14** families enrolled in EFNEP
715 participated in 4-H EFNEP
93% 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 McDowell County

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

 **64%** now practice daily physical activity.

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

 **93%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2017, **31** 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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McDowell County
EFNEP programs obtained

\$6,500

in funding and support
from local efforts.

EFNEP SUCCESS



Family Mealtime Makes a Difference

One mother could not believe how in just one week of having family dinner time, it had made such a dramatic impact on her family. She stated that her children ate healthy meals, without complaint, and that the children did not fight with each other as much. During meal time, they gave each other advice on how to solve problems they had encountered earlier in the day at school. The mother was ecstatic that conversations she once had to almost force from her children were now free flowing dialogue at the family's dinner table. One of the most surprising things was that her children were now eating fruits and vegetables they would have never even tried in the past.



Youth No Longer Wasting Food on Lunch Trays

The Expanded Food and Nutrition Education Program (EFNEP) in McDowell County teaches local elementary school youth the importance of eating 5 servings of fruits and vegetables daily. Students learn how to use MyPlate as a guide to ensure they are eating healthy, nutritious meals and snacks.

A first-grade teacher shared her concerns with the EFNEP Educator about her students throwing away the fruits and vegetables they are served at lunch and during snack time. To address this issue, the EFNEP Educator read the class *I Will Never Not Ever Eat A Tomato*, a book by Lauren Child.

In the book, the main character, Charlie, tries to feed his picky sister dinner. She is resistant to trying healthy foods until Charlie changes the names of each to make them more appetizing to her. One example of this in the story is that Charlie tells Lola that peas are really green drops from Greenland and that they are incredibly rare. After renaming multiple foods, Charlie convinces Lola to try them and she discovers that she really likes them after all. She even eats a tomato! After reading the story all the children agreed that giving fruits and vegetables "cool" names made them more appealing. The EFNEP Educator challenged the class to come up with new creative names for their fruits and vegetables and to try new ones at lunch.

Several weeks later at the end of the series of lessons, post-evaluation data showed that almost every student increased consumption of fruits and vegetables. Additionally, the teacher noticed that her students were throwing away less food and were more willing to try new fruits and vegetables.



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