



2018 NC Cooperative Extension Congressional District 6 Report

North Carolina's Challenges

- In North Carolina, **1 in 5** children live in poverty.
- North Carolina's adult obesity rate is currently **32%**.
- **15.2%** of 2- to 4-year-olds from low-income families are obese. This makes us the **16th** 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 District 6

In 2018: **184** families enrolled in EFNEP
39 participated in 4-H EFNEP
71% 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 2016, 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 District 6

- 95%** of EFNEP participants improved dietary intake.
- 82%** now practice daily physical activity.
- 86%** practice better food resource management.
- 82%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2018, **45** 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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**Congressional District 6
EFNEP programs
obtained over**

\$56,411

**in funding and support
from local efforts.**

EFNEP SUCCESS



Student Gains Confidence, Learns to Cook

The Expanded Food and Nutrition Education Program (EFNEP) partnered with a middle school Family and Consumer Sciences class in Guilford County. The teacher wanted to expand upon the class's curriculum to include information on nutrition as it relates to food preparation. Additionally, since many of the students were beginning to prepare snacks for themselves before and after school she wanted them to learn a few recipes they could make on their own.

Utilizing the *Teen Cuisine* curriculum, the Educator and students prepared recipes at the conclusion of each lesson. One student shared that she was not comfortable in the kitchen and often avoided making anything that had multiple steps. The participant stated she mostly chose pre-packaged/ready-to-eat for meals and snacks. The Educator shared that these foods are often high in sodium, saturated fat, sugar, and calories. The Educator was determined to help her and others gain confidence. During the lessons, the Educator taught the youth how to read a recipe, how to measure ingredients, knife skills, food and kitchen safety, and simple cooking techniques.

By the conclusion of the program the participant became more comfortable completing food preparation in the kitchen. With each task she accomplished, she became more adventurous and volunteered to try new tasks to complete the recipes. The participant expressed that she now prepares more meals and snacks at home.



EFNEP Graduate Reduces Stress, Saves Money by Planning Meals

Before attending EFNEP classes, a recent participant was having difficulty making her food dollars, including EBT, last until the end of the month.

Following the series of lessons, this participant applied all the skills she learned through the class to make her food dollars last throughout the month. She now visits the local farmers' market to take advantage of the double-up bucks program and to incorporate more fresh fruits and vegetables in her cooking at home. This participant has also noted that since she has been using her shopping list pad, she saves more money and plans her meals ahead which reduces her stress and saves her time, too.



Cooking and Eating Healthy Together

A single mother of four children immigrated to the U.S. with little support and knowledge about healthy food choices. Exposed for the first time to an environment surrounded by fast food and processed foods, helping her children choose healthier options became very challenging.

Through EFNEP, this young mom was able to learn different approaches to encourage her children to eat more fruits, vegetables, whole grains, and low-fat foods. The children learned as well. Three of the four children participated in the hands-on classes learning to help their mother prepare quick and healthy family meals with the help of the EFNEP educator.

As a result, the family is cooking more meals at home, and making better food choices such as consuming more fruits and vegetables daily. They were so excited about the skills they learned that throughout the class series the family shared pictures of healthy meals they made at home, many of which included recipes they learned while in their EFNEP class.



New Skills Learned through EFNEP Help Families Eat Healthy on a Budget

EFNEP, in partnership with El Refugio, in Lee County had the opportunity to help mothers of all ages learn how to eat healthy and make healthy meals. To help participants apply the skills they learned in the EFNEP series, the EFNEP Educator partnered with a local grocery store and led the group on a store tour and challenge.

In the store, the EFNEP Educator provided a guided tour of each of the departments with tips for comparing the nutritional value and cost of similar foods. They discussed healthy eating options, best buys, and how to find key information to help make the best decision.

At the conclusion of the tour, the EFNEP Educator gave each participant a challenge to "build a healthy meal that included at least three of the five food groups for \$10 or less." The store manager donated \$10 gift cards for each participant so they could purchase the ingredients to prepare their low-cost meal at home. All families were successful in fulfilling the requirements of the challenge and excited to be able to apply the new skills they learned to feed their families healthy meals on a budget for years to come.

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