

## 2018 NC Cooperative Extension Camden and Pasquotank Counties 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 Camden and Pasquotank Counties

In 2018: **130** families enrolled in EFNEP


**95%** 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 2018, 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 Camden and Pasquotank Counties

 **93%** of EFNEP participants improved dietary intake.

 **66%** now practice daily physical activity.

 **80%** practice better food resource management.

 **91%** have improved their food safety habits.

### Volunteers Strengthen EFNEP

In 2018, **26** 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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Camden and Pasquotank Counties  
EFNEP programs obtained

# \$17,435

in funding and support  
from local efforts.

## EFNEP SUCCESS



### Parents Increase Fruits and Vegetables as a Result of EFNEP

Two out of every five children don't get their daily servings of fruits and vegetables. The Expanded Food and Nutrition Education Program (EFNEP) collaborated with Head Start to teach parents to prepare healthy meals at home using fruits and vegetables to increase fruit and vegetable consumption in the family.

"Choosing More Fruits and Vegetables," a lesson in the *Families Eating Smart and Moving More* curriculum, shares the number of servings our children need on a daily basis. When parents get in the 3½ to 4 cups, we know our children will get the nutrients required. Using recipes designed to incorporate more fruits and vegetables into meal planning like Easy Fruit Salad, Super Stir Fry, Beefy Skillet and the Butternut Squash Enchiladas provide families with practical solutions to healthy family meals.

Upon completing the series of EFNEP sessions, one parent stated, "My children are now reminding me to purchase more fruits and vegetables when I grocery shop because they want me to prepare the EFNEP recipes."

Other parents in the group agreed. These parents are now equipped to provide healthy meals including fruits and vegetables on a budget.



### New Knowledge Prevents Food Waste and Results in Increased Intake of New Healthy Vegetable

Knowing an acorn squash, butternut squash, or spaghetti squash from an eggplant can be a challenge when you don't know one fruit or vegetable from another. There are at least 20 different varieties of Squash with a wide range of colors, shapes and sizes. This can be confusing for low-income families who may not have been exposed to many varieties.

A donation of butternut squash was given to the Food Bank of the Albemarle by a NC School System. The squash was cubed with seeds and skin still attached. Not knowing how clients could use the three-pound bags of squash, and also having experienced how clients throw away unfamiliar foods, the Food Bank contacted EFNEP. The EFNEP Educator agreed to come up with easy, healthy and tasteful recipes that the clients could use.

The EFNEP Educator decided the topic for the month of April 2018 would be, "Choosing a Healthier You for Life," a lesson from the *Families Eating Smart and Moving More* curriculum, and selected to share a Butternut Squash and Cheese Enchilada recipe. It was demonstrated to the clients and given as a taste sample. EFNEP also shared in the demonstration how to prepare and cook the squash, what to do with the seeds, and how to prepare the recipe. Clients shared that if they hadn't been shown and tasted a recipe using the squash, they would have never even taken the squash home with them or they would have thrown it away.

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