

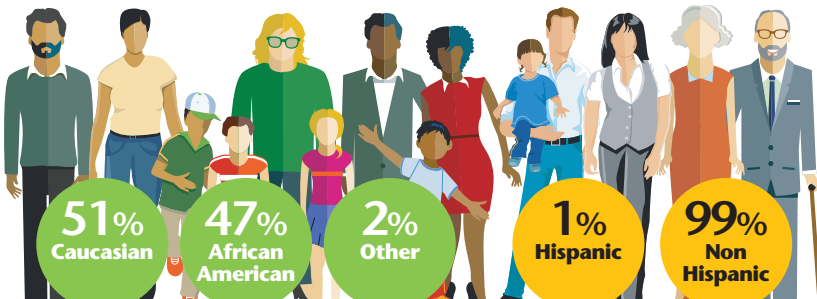
NC Cooperative Extension 2019 REPORT

Franklin County

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 Franklin County

In 2019: **105** families enrolled in EFNEP **699** participated in 4-H EFNEP
100% 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 2019, 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 Franklin County

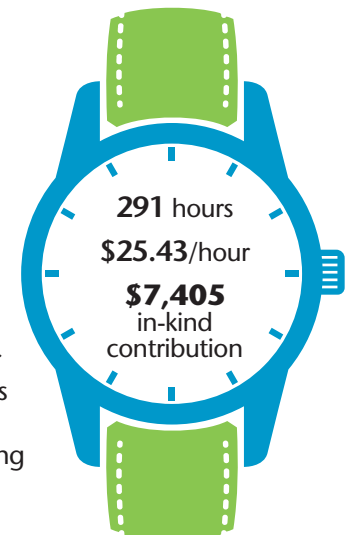
- 97%** of EFNEP participants improved dietary intake.
- 97%** now practice daily physical activity.
- 96%** practice better food resource management.
- 98%** have improved their food safety habits.

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.

Volunteers Strengthen EFNEP

In 2019, **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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Franklin County EFNEP programs obtained

\$25,534

in funding and support from local efforts.

EFNEP SUCCESS



EFNEP's Partnership with Franklin County Schools Encourages Students to Try Fresh Fruits

Franklin County Elementary Schools are working hard to educate students about healthy nutrition choices. Many students do not have access to fresh fruits and vegetables at home. During Spring 2019, EFNEP began nutrition education school enrichment classes for the students at the school. Students were engaged in physical activity and tried many new recipes. At least 300 students tried a delicious hummus recipe for the first time during EFNEP youth classes. After EFNEP's six-week program, many students reported that they are now eating the daily recommended cups of fresh fruits and vegetables.

The changes didn't end with the personal changes made by the students. The school environment also made changes that made fresh fruits and vegetables more accessible to the students during school. After the EFNEP educator completed the program in several schools, the Franklin County School System incorporated the *Fresh Fruits and Vegetables* program, which provides fruits and vegetables for snacks. This program benefits many Franklin County students who live in poverty. Due to low-income and strict budgets, parents cannot afford to purchase fresh fruits and vegetables. EFNEP and the *Fresh Fruits and Vegetables* program provides a daily opportunity for all Franklin County students to eat fresh fruits and vegetables.



Broad Community Center and EFNEP

Walking through the doors of Broad Community Center located in Bunn, North Carolina, one sees community members suffering from food insecurity and poverty. A site for food distribution, the Community Center partnered with EFNEP to offer a series of nutrition education classes to their clients.

EFNEP taught participants to improve their dietary intake, physical activity, food resource management, and food preparation. Participants also learned skills to become more food secure. The lessons included food demonstrations, healthy recipe samples, and recipe handouts. Participants looked forward to tasting a new recipe each week.



After three months of EFNEP classes, community members felt empowered to prepare healthy and affordable recipes on their own. Forty-four participants learned how to stretch food dollars, increase physical activity, and how to prepare healthy affordable meals. EFNEP's Pre and Post Evaluations were used to evaluate the group's success. The EFNEP and Broad Community Center collaboration helped the participants save an average of \$51.40 on their monthly grocery bill.

76% of participating families made positive changes and became more physically active. After completing EFNEP classes, participants expressed that they are more confident in the kitchen and pre and post food recalls showed that they now eat 69% more fruits and vegetables than before.

Broad Community Center has been a place of fun and fellowship for many years. The Center works hard to provide essential needs for their residents. Through this partnership, the Center and EFNEP work together to increase food security through learning new skills in food resource management and food preparation for the families served. The participating families have shared that this is a valuable partnership to them and to the members of their community.

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