

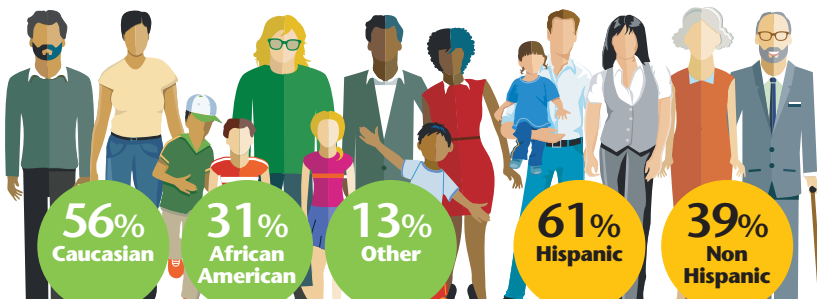
NC Cooperative Extension 2019 REPORT

Wake 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 Wake County

In 2019: **386** families enrolled in EFNEP **770** participated in 4-H EFNEP
82% 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 Wake County

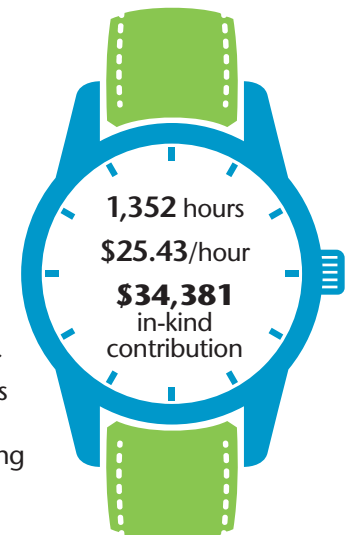
- 98%** of EFNEP participants improved dietary intake.
- 94%** now practice daily physical activity.
- 94%** practice better food resource management.
- 91%** have improved their food safety habits.

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, **60** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



2019 NC Cooperative Extension Wake County Report

Wake County
EFNEP programs obtained

\$43,840

in funding and support
from local efforts.

EFNEP SUCCESS



From Washing Meats to Using a Thermometer

Wake County EFNEP partnered with the City of Raleigh Parks and Recreation Department to deliver the *Teen Cuisine* curriculum to middle schoolers in their afterschool program. According to EFNEP pre-evaluations, the participants had limited knowledge of food safety and many shared that they don't know how to cook. One of *Teen Cuisine's* focus areas is to teach participants to cook safe and healthy meals.

The EFNEP Educator taught the teens basic knife skills, recipe reading, and food safety, including using a meat thermometer. One participant shared that her mom always washed meat as a way to clean it. The EFNEP Educator explained that cooking food to the proper temperature is the best way to know it's safe to eat. The participant shared this information with her mom and even taught her how to use a thermometer. Although her mom was initially shocked that they didn't need to wash meat, she has since learned that using a thermometer is not only safer, but ensures meat is cooked to perfection.



EFNEP Graduate to College Student

Wake County EFNEP partnered with a group from NCWorks NextGen, a program that helps to increase the employability of young adults. Although EFNEP emphasizes healthy food choices and physical activity, the program also teaches participants about planning, budgeting, and time and organizational management, which are all critical to successful employment.

After the first session, one participant shared that he wanted to change his eating habits and become healthier. He was currently working two jobs and didn't have time to eat healthy foods or exercise. The EFNEP Educator, noticing his enthusiasm, recruited him to be her volunteer at each class. He showed up 15 minutes before each session to help set up and prepare for the food demonstration and stayed after to help clean up. During each session, he encouraged the other participants to share and engage in the lesson. His leadership skills helped make the class a success.

After completing EFNEP, the participant learned to plan his meals for the week choosing healthier options. He disciplined himself to be more active each day which gave him the energy to manage a full work schedule. The confidence he gained while volunteering for EFNEP and the lessons he learned motivated him to pursue a college education. As a result, he is now majoring in nutrition at a nearby university.



Teen Learns to Cook Healthy Meals

Wake County Human Services reports that over 36% of youth are overweight or obese, a known risk factor for chronic disease. Wake County EFNEP partnered with the Salvation Army to deliver the *Teen Cuisine* curriculum to the teens participating in its summer program. Teen Cuisine teaches youth participants to make healthier food choices and to prepare nutritious meals.

The EFNEP Educator taught participants to identify nutrient-dense foods and beverages by reading food labels. Participants learned to read and follow a recipe using correct cooking and measuring techniques and knife skills.

One of the participants in the group shared that his parents worked long shifts and were not able to prepare food for him and his siblings. Since he was the oldest, he was in charge of preparing family meals. Unfortunately, he didn't know how to cook other than opening cans and boxes of pre-made food or heating frozen dinners. After learning his situation, the EFNEP Educator designed lessons that helped him plan weekly meals using EFNEP recipes.

After completing the EFNEP series, the participant shared that he now plans his family's meals using the concepts he learned from EFNEP. He helps his parents with the grocery shopping and reads food labels to choose healthier ingredients. As a result of EFNEP, he regularly plans and prepares his family's meals and has even lost several pounds since finishing the program!



Home Cooking Saves Money

Wake County EFNEP recruited a group of participants from a neighborhood community center. According to pre-evaluations, most participants did not plan meals ahead of time and rarely cooked meals at home. One participant said she didn't cook at home because it took too much time and that buying ready-to-eat foods was the easiest option.

The EFNEP Educator showed the participant how one meal can be turned into a new meal for another day which she called "planned-overs." Spending a little bit of extra time preparing meals for the week saves time and money in the long run. The participant decided to give it a try and used grocery store ads to plan her menus and grocery lists. She spent a day making rice, roasting and shredding chicken, and preparing vegetables for the week ahead. She was able to prepare chicken quesadillas, vegetable soup with chicken, chicken and broccoli quiche, and chicken stir fry for dinner that week. Each meal took less than 30 minutes to prepare and all were equally delicious. Thanks to EFNEP, the participant is now spending less money and saving more time planning and preparing her family's weekly meals.

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