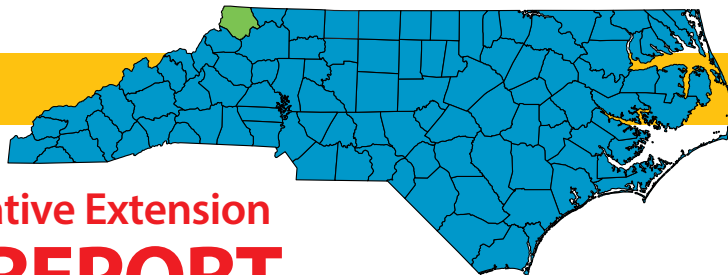




NC Cooperative Extension 2022 REPORT



Ashe County

Supporting North Carolina's Families with Greatest Needs

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

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 2022, EFNEP served 40 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



100% of EFNEP participants improved dietary intake.



100% practice better food resource management.



76% have improved their food safety habits.



88% now practice daily physical activity.

805

family and youth participants were reached through direct programming.



Ashe County EFNEP Enrollment

93%
Caucasian

1%
African
American

6%
Other

15%
Hispanic

85%
Non
Hispanic

Ashe County EFNEP programs obtained
\$33,604 in funding and support from local efforts.

2022 NC Cooperative Extension Ashe County Report

EFNEP SUCCESS



Peas and Carrots? Yes, peas!

Eat Smart Move More NC reports 31% of youth (10-17) are overweight or obese. Furthermore, a key behavior, vegetable consumption, is alarmingly poor in our children with about 41% consuming vegetables less than one time per day. Adolescence is an especially important time in human development and eating fruits and vegetables is one way to help ensure healthy growth. Food preferences are developed early in life which emphasizes the importance of teaching kids about the many benefits of eating fruits and vegetables.

The Ashe County Expanded Food and Nutrition Education Program (EFNEP) educator teaches youth how to make healthier choices with an emphasis on the importance of eating fruits and vegetables. In a recent EFNEP class at a local school, the educator shared some examples of foods that contain vegetables. Students were amazed at how many different foods had vegetables such as smoothies and pasta dishes. After this activity, the educator challenged the class to try to eat at least one new vegetable.

At the beginning of the next EFNEP lesson, students were asked how the challenge went for them. One student reported, "Yesterday at lunch...I chose peas & carrots." She enjoyed the taste, especially knowing how important it was for her growing body. The student shared that she is "...going to eat an extra vegetable at school every day."

As a result of EFNEP, this student has increased her intake of vegetables which will build good health and will contribute positively to her overall health in the future.



Learning Literacy through Healthy Food

The Expanded Food and Nutrition Education Program (EFNEP) in Ashe County partners with the school system to deliver nutrition education to students during the school year and occasionally over the summer.

One local elementary school offered a summer literacy program and had a special request for EFNEP. They asked the EFNEP educator to help promote literacy through healthy foods. Using the idea of a tablescape, an array of healthy snacks were made and each snack was given a special name using a play on words. The students had to figure out what word had the same pronunciation. For example, Vitamin Sea Beach fruit platter was meant to reflect the vitamin C in those foods. Each grade played fun games and got to choose from many different healthy snacks.

The students responded positively to the play on words and enjoyed figuring them out while trying healthy foods. The teachers loved the snacks and neat ideas for serving healthy foods in a fun way.



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