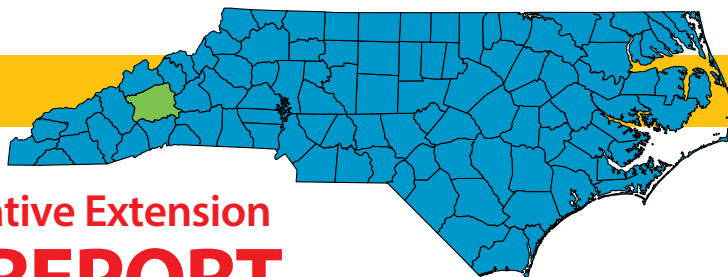




NC Cooperative Extension 2022 REPORT



Buncombe 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.

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

 **60%** have improved their food safety habits.

 **25%** now practice daily physical activity.



Buncombe County EFNEP Enrollment



Buncombe County EFNEP programs obtained
\$26,826 in funding and support from local efforts.

2022 NC Cooperative Extension Buncombe County Report

EFNEP SUCCESS



EFNEP Partners with Transitional Housing Community

The Buncombe County Expanded Food and Nutrition Education Program (EFNEP) partnered with the Asheville-Buncombe Community Christian Ministry's (ABCCM) Transformation Village to provide Families Eating Smart Moving More classes. Transformation Village gives hope, healing, health, and a home to homeless women, mothers with children, and veterans. Twelve EFNEP lessons were offered over a series of weeks and taught the women how to eat healthy, move more, and stretch their food dollars.

One participant initially shared three goals with the EFNEP educator. She wanted to grow her own food, provide healthful meals for her son, and one day own a zero-waste restaurant. The EFNEP class provided an accessible and free of charge opportunity for her to take the first steps toward her goals. In particular, she expressed a great interest in obtaining the certificate of completion as a tangible outcome of her work toward her goals.

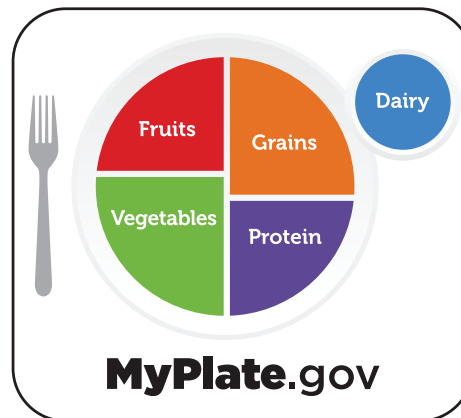
The woman's son also attended the majority of classes at her side and shared with the educator that he saw improvements in his mom's grocery shopping in terms of providing balanced, nutritious meals for him. His mom is now shopping and planning more thoughtfully as well as modeling healthful habits for her son based on the information learned in the classes. She thanked the educator for being an excellent teacher and allowing her son to attend the classes alongside her. She shared that she feels more connected to her son!



Fun with Food

The Buncombe County Expanded Food and Nutrition Education Program (EFNEP) partnered with a local elementary school to teach students about good nutrition, physical activity, and food safety. Through EFNEP's Fun with Food and Fitness series, first graders learned about the food groups and MyPlate. During one of the lessons, they learned about the dairy food group and the importance of eating high calcium foods.

The teacher alerted the EFNEP educator prior to the lesson that several students were lactose intolerant so



the educator quickly adapted the lesson to make it inclusive to everyone. She brought in several non-dairy, unsweetened, calcium rich "milks" for the class to sample. She also discussed both dairy and non-dairy sources of calcium while teaching all students the benefit of

getting enough of the mineral in their diets.

The children expressed enjoyment from the options provided and were excited their needs had been addressed. Many said that they would share their experience with their families. They excitedly commented, "I didn't know that soy milk tasted good!" and "I like this!" By the end of the class series, 58% of students improved their diet quality according to the Federal dietary recommendations.

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