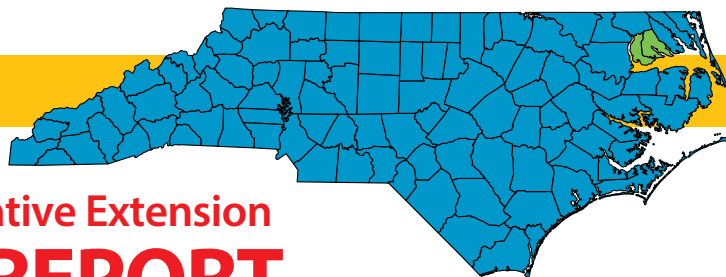




NC Cooperative Extension 2022 REPORT



Chowan and Perquimans Counties

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



91% of EFNEP participants improved dietary intake.



50% practice better food resource management.



56% have improved their food safety habits.



61% now practice daily physical activity.



Chowan and Perquimans Counties
EFNEP Enrollment

59%
Caucasian

29%
African American

12%
Other

7%
Hispanic

93%
Non Hispanic

570

family and youth participants were reached through direct programming.

Chowan and Perquimans Counties
EFNEP programs obtained

\$24,654

in funding and support from local efforts.

EFNEP SUCCESS



Building Bones – One Bite at a Time!

Chowan County's Expanded Food and Nutrition Education Program (EFNEP) educator enrolled a local elementary school into the program. When she was reviewing the MyPlate food groups and talked about dairy foods, a child shared that he didn't eat any foods from the dairy group.

He said that he didn't like milk or any foods that came from milk. The educator discussed the importance of consuming enough dairy products each day to get enough calcium and bone-building nutrients. She also reviewed a variety of other foods which come from the dairy group including yogurt, cheese and alternatives to cow's milk such as fortified soy milk. The educator encouraged the child to try recipes that may use milk in a different way such as in oatmeal or scrambled eggs.

As part of the lesson, the educator prepared a recipe containing dairy, fruit, and a healthy whole grain. The child was willing to try a sample and realized that he loved it! This positive experience changed the child's perception of foods from the dairy group and his willingness to try dairy products he had refused before. With consistent consumption, this also increases the likelihood that he will reach his calcium needs through nutritious foods, because every bite counts!



Establishing Nutrition Literacy

Expanded Food and Nutrition Education Program (EFNEP) educators are trained to guide participants towards making healthier choices by teaching basic, age-appropriate skills necessary to improve their nutritional health. For youth EFNEP participants, learning the fundamentals of how to read the Nutrition Facts label is a key skill that is at the crux of establishing nutrition literacy. Although it may appear confusing at first, there is an abundance of information that is provided on the label to assist with making informed decisions about food.

During an EFNEP lesson about the Nutrition Facts label, several kids in local elementary school classes shared that they didn't read or even look at the Nutrition Facts label. They chose food items because they were familiar or tasted good, but they never considered the nutrition content these foods provided. The EFNEP educator shared that the Nutrition Facts label has recently been given a makeover and it's now easier to read and understand than ever before!

To help the kids learn how to find information on the label, the educator utilized an activity in the Show Me Nutrition curriculum workbook to give the students practice with finding information. She encouraged them to look for the large, bold font which highlights the calories and serving size. She also pointed out that added sugars are now listed on the label and this is helpful information, as many foods contain more added sugars than we might think.

As a result of the EFNEP classes, kids reported that they are now using the information provided on the Nutrition Facts label to compare products and others reported that they shared the information with their families. One child said, "I am now reading the Nutrition Facts label to make sure I eat healthier..." Program evaluation data shows that 41% of the youth enrolled in the EFNEP classes improved in their responses to reading the Nutrition Facts label. This is an important skill that will lay the foundation for improved diet quality as the kids grow up.

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