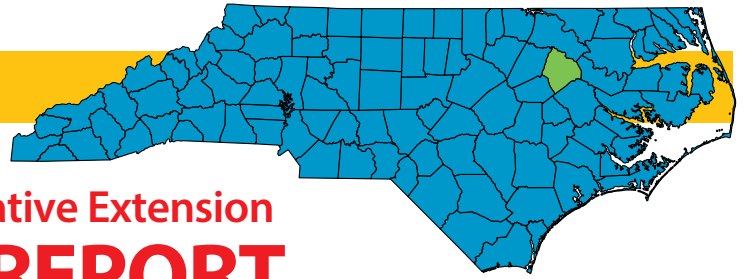




## NC Cooperative Extension 2022 REPORT



### Edgecombe 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



**93%** of EFNEP participants improved dietary intake.



**54%** practice better food resource management.



**59%** have improved their food safety habits.



**81%** now practice daily physical activity.

**200**

family and youth participants were reached through direct programming.



Edgecombe County EFNEP Enrollment



Edgecombe County EFNEP programs obtained  
**\$8,655** in funding and support from local efforts.

# 2022 NC Cooperative Extension Edgecombe County Report

## EFNEP SUCCESS



### Increasing Confidence through Cooking

Edgecombe County Expanded Food and Nutrition Education Program (EFNEP) used the Teen Cuisine curriculum to provide nutrition and cooking classes to teens in the county.

During one of the classes, there was one participant who could barely sit still and jumped at every opportunity to engage. He volunteered for all activities except speaking. During the first food prep moment, he became suddenly shy and asked to speak to the educator privately. He explained that he wasn't allowed to cook at home because his parents thought he would accidentally hurt himself. The educator listened and addressed his concerns.

The Educator demonstrated how to cut an apple with the "claw" method to keep fingers safe. The recipe directions were read aloud, step by step. With supervision, the reluctant student tried it and it was perfect! The participant's self-confidence was through the roof!

A month later, the child's mother met the educator in the grocery store and expressed her gratitude for the classes. She stated that her son now helps with food preparation, reads recipe directions out loud, and seems calmer and more focused in the kitchen. All youth in this group made improvements in more than one core area. 95% adopted healthier practices and 87% improved physical activity practices.

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