



NC Cooperative Extension **2022 REPORT**

Franklin 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



95% of EFNEP participants improved dietary intake.



92% practice better food resource management.



91% have improved their food safety habits.



69% now practice daily physical activity.



Franklin County EFNEP Enrollment



704 family and youth participants were reached through direct programming.

Franklin County EFNEP programs obtained **\$17,925** in funding and support from local efforts.

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EFNEP SUCCESS



Students Get Energized with EFNEP

Eating a healthy diet and living an active lifestyle impact how well children perform throughout the school day.

The Franklin County Expanded Food and Nutrition Education Program (EFNEP) educator joined forces with a local elementary school guidance counselor to teach limited resource youth to make healthy food choices and develop a positive self-image. The counselor stated, "Many of my students don't get enough sleep, and lack enough energy to get through the school day"

The EFNEP Educator realized the validity of that statement after noticing students falling asleep during one of her lessons. She added in her lesson plan to stress the importance of eating the right foods to get more energy. Using fun and engaging activities, she was able to show them why a healthy breakfast can help them stay awake all day.

By the end of the EFNEP series, students reported they had more energy to complete their daily activities after making a few small changes to their diet. As a result of EFNEP, students felt more confident about making healthy choices, committed to drinking only water and low-fat milk, and decreased their intake of sugar-sweetened beverages. Evaluation results showed that 94% of Franklin County students improved their ability to choose foods according to the Federal Dietary recommendations.



Nutrition Education and Gardening — The Perfect Pairing

The Franklin County Expanded Food and Nutrition Education Program (EFNEP) educator partnered with the local library over the summer to teach nutrition education to youth participants. In order to enhance the experience, the library director suggested they make a community garden together. The purpose of the garden will help teach youth and community members the importance of eating healthy vegetables and teaching the community how to plant, grow, and prepare local foods.

EFNEP referred the library director to the NC Cooperative Extension Small Farms agent. The agent helped the library establish grant funding to create raised garden beds, seeds, and all other supplies needed to develop the community garden.

During the two-month summer camp, youth participants helped maintain the community garden and prepare delicious food samples from the Camp, Cook, Play curriculum with the EFNEP educator. The partnership between the EFNEP, the Small Farms agent, and the Louisburg Library will continue to have a positive impact on the Franklin County community. The garden will provide educational opportunities and healthy meals for all youth participants.

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