



## NC Cooperative Extension **2022 REPORT**

# Guilford 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.
-  **80%** have improved their food safety habits.
-  **29%** now practice daily physical activity.

**853** family and youth participants were reached through direct programming.



Guilford County EFNEP Enrollment



Guilford County EFNEP programs obtained in funding and support from local efforts.  
**\$36,149**

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## EFNEP SUCCESS

### Student Learns Ways to Keep Family Safe

Guilford County Expanded Food and Nutrition Education Program (EFNEP) partnered with a local middle school to teach students how to make healthy food choices, handle and prepare food safely, and be more physically active.

During a discussion on the importance of keeping food safe, one student shared that her family loved to have cookouts and always left food sitting out all day. She had no idea that leaving food out too long can result in bacteria building up in the food. After one cookout, she and some family members felt sick. She wondered if it was because the food was left out for too long.

The EFNEP educator emphasized the importance of keeping foods out of the 'Temperature Danger Zone' – the range of temperatures where foods have an increased likelihood of growing harmful bacteria. She showed an activity that demonstrates how quickly bacteria grows each hour it's left out at room temperature. Since learning these concepts, the student is being extra careful with food sitting out. She stated, "I am definitely going to put the food away earlier than 2 hours so we don't get sick."

### EFNEP Helps Pregnant Moms Give their Unborn Babies a Healthy Start

The Guilford County Expanded Food and Nutrition Education Program (EFNEP) partnered with Room at the Inn which is a non-profit that helps displaced pregnant women.

Through lessons and live demonstrations, participants tasted new healthy foods while learning the importance of good nutrition during pregnancy. The EFNEP educator taught participants to prepare inexpensive meals that were high in fiber, vitamins, and minerals. Participants helped prepare the recipes and were able to choose what vegetables they wanted in their dish. They learned how to improve a recipe's nutritional value just by adding extra vegetables. Participants understood that what they ate affects their unborn babies.

The results from the classes showed that the number of fruits and vegetables consumed by each participant significantly increased. Participants are now equipped with the knowledge to get proper nutrition in order to give their babies the best possible start that will last a lifetime

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