



# NC Cooperative Extension 2022 REPORT

## Halifax 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



**86%** of EFNEP participants improved dietary intake.



**44%** practice better food resource management.



**64%** have improved their food safety habits.



**52%** now practice daily physical activity.



Halifax County EFNEP Enrollment



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

Halifax County EFNEP programs obtained **\$21,742** in funding and support from local efforts.

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## EFNEP SUCCESS



### Making Healthy Drink Choices

Many 3rd grade students have never looked at a nutrition facts label and most don't know how to read it. This becomes a challenge when deciding whether certain foods are healthy or not.

During the Expanded Food and Nutrition Education Program (EFNEP) 3rd Grade Building My Body lesson, Halifax County students learned about the important nutrients that are needed to build a healthy body, which includes how to examine a food label. Specifically, they are taught how to read a nutrition facts label and understand how to identify if a food or drink is a healthy choice. Students looked at a variety of drinks to compare the amount of sugar and other important nutrients each drink contained.

One student stated after that she decided to check the number of calories on the soda bottle that was in the refrigerator at her home. She saw that the soda contained 200 calories and 55 grams of added sugar. She said she put the soda back and chose to drink water. The student proudly informed the EFNEP educator that because of this lesson, she chose a healthier option. This student was very excited that she was able to read a nutrition facts label and make a better choice for herself.



### Healthy Foods Are Tasty Foods!

By the time students reach middle school, many have established eating habits. The Halifax County Expanded Food and Nutrition Education Program (EFNEP) educator partnered with a local middle school to teach students to make healthy food choices.

The EFNEP educator learned that many of these students do not eat breakfast, and sometimes, they don't eat school lunch either. By the time students get home, they are likely too hungry to worry about healthy choices. Many reported their favorite after school snack was fried chicken nuggets.

In one lesson, the students learned about lean sources of protein. As part of the lesson, the EFNEP educator taught the students to prepare a healthier oven baked version of chicken nuggets. Several of the students made comments that they did not think they would like the recipe. After tasting it, one student stated, "[The nuggets] were bussin!" (meaning they were delicious).

The student shared that he had made the recipe at home, and it was very good. He also said he would be making them again. Finding a new healthy way to enjoy food has helped this student learn that healthy foods are tasty foods!.

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