

NC Cooperative Extension 2022 REPORT

Henderson 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



94% of EFNEP participants improved dietary intake.



94% practice better food resource management.



58% have improved their food safety habits.



15% now practice daily physical activity.



Henderson County EFNEP Enrollment



172 family and youth participants were reached through direct programming.

Henderson County EFNEP programs obtained in funding and support from local efforts.
\$22,733

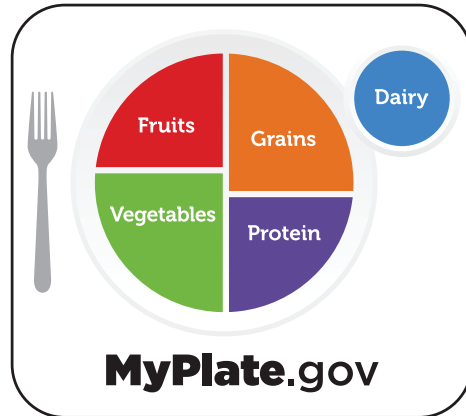
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EFNEP SUCCESS



“Picky Eater” Learns to Eat Balanced Meals

The Expanded Food and Nutrition Education Program (EFNEP) partnered with the Henderson County Homeschool Association to offer classes on healthy eating, physical activity, and food safety. Using the Kids in the Kitchen curriculum, the EFNEP educator taught participants about foods included in MyPlate, along with their health benefits. Students were also able to taste foods from each group which introduced them to new flavors.



One parent reported their child was a “picky eater.” He did not eat certain foods, especially whole grains. However, after completing the Kids in the Kitchen curriculum, she shared that he is now eating balanced meals, including whole wheat bread. He is more open to tasting new foods. The parent stated that “This class has helped him to make healthier choices and to try new foods. He absolutely loved it!”



EFNEP Results in a Shared Food Exchange System

The Henderson County Expanded Food and Nutrition Education Program (EFNEP) teaches enrolled adults how to eat healthy, move more, keep food safe, and stretch their food budget. One class, “Shop: Get the Best for Less,” had a particularly positive influence on participants who faced an inability to obtain basic food items due to financial constraints. During class, they learned how to acquire coupons and use other money-saving tips on the items they needed. They were also informed of local food assistance agencies where they could obtain needed items for free.

Participants have reported that they are now shopping smarter and saving more after learning how to “get the best for less.” One participant even took the concepts learned a step further and started a shelf-stable goods exchange, where individuals can share items that they are unable to use, with others in need. This has lessened their financial burden, which greatly increases their emotional health. It has also allowed them to eat more nutritiously which has improved their overall physical health.

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