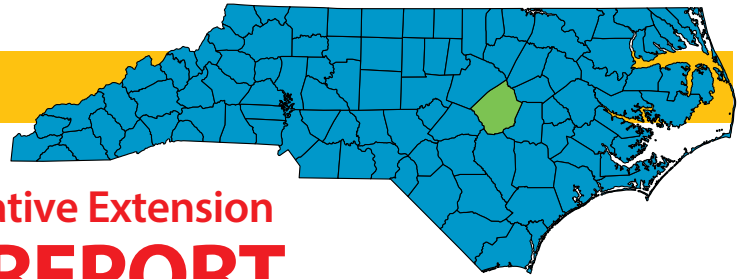




NC Cooperative Extension 2022 REPORT



Johnston 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

 **97%** of EFNEP participants improved dietary intake.

 **53%** practice better food resource management.

 **96%** have improved their food safety habits.

 **86%** now practice daily physical activity.



Johnston County EFNEP Enrollment



Johnston County EFNEP programs obtained **\$16,379** in funding and support from local efforts.

2022 NC Cooperative Extension Johnston County Report

EFNEP SUCCESS



EFNEP Helps Family Spend More Time Together through Cooking and Eating

The Johnston County Expanded Food and Nutrition Education Program (EFNEP) partnered with the TRIO program at Johnston Community College to deliver Families Eating Smart and Moving More.

Learning to cope with a visual impairment has been a challenge for a particular EFNEP participant. As his vision declined, he became unable to work. In spite of this, he was determined to find a way to provide for his family including preparing meals for his wife and children.

When he learned about EFNEP, he enrolled to increase his knowledge of healthy foods and how to improve his cooking skills. "I decided it is time to make a healthy change in our lifestyle..."

As a result of EFNEP, he improved his culinary and food safety skills and knowledge. He learned the nutritional value and benefits of fruits and vegetables and started incorporating it into his family's cultural meals. He also learned to purchase foods in season to help maintain his food budget. He shared that the EFNEP classes have helped his family spend more time together preparing meals and he now feels his cooking role is of utmost importance to the family.



EFNEP – Putting It into Practice

The Johnston County Expanded Food and Nutrition Education Program (EFNEP) partnered with the TRIO program at Johnston Community College (JCC) to deliver Families Eating Smart and Moving More.

For one EFNEP participant, she found it challenging to find healthy, delicious, and budget friendly recipes for her family. She and her husband wanted to set a good example for their daughter so they enrolled in EFNEP classes.

One of the most exciting and encouraging parts of the EFNEP classes was seeing the cooking demonstrations and tasting new recipes. In addition, after the lessons, the EFNEP educator gave each participant a bag of fresh produce donated by the Food Bank of Central and Eastern NC.

The participant shared that each week, she prepared the same recipe she learned from EFNEP using the food donated to her. She now plans her meals and prepares a shopping list to help manage her food resources and make budget-friendly and healthy choices at the grocery store. Sharing photos of her new dishes with the EFNEP Educator kept her motivated to continue the new healthy recipes. "I learned so much, from how to budget, make a shopping list, and how to prepare healthy foods."

Even since the classes ended, this participant continues to walk after lunch, chooses healthier snacks, and incorporates more fruits and vegetables in her family's meals.

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