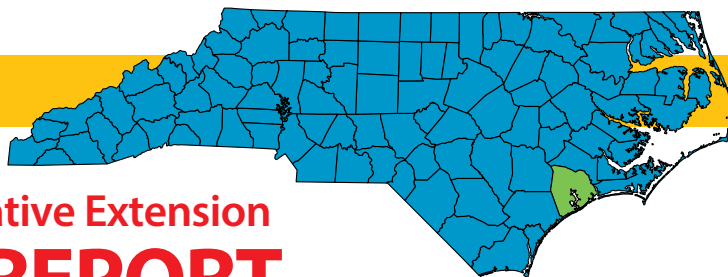




## NC Cooperative Extension 2022 REPORT



### Onslow 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.



**63%** have improved their food safety habits.



**25%** now practice daily physical activity.

**314**

family and youth participants were reached through direct programming.



#### Onslow County EFNEP Enrollment

71%  
Caucasian

17%  
African  
American

12%  
Other

5%  
Hispanic

95%  
Non  
Hispanic

Onslow County EFNEP programs obtained  
**\$16,281** in funding and support from local efforts.

# 2022 NC Cooperative Extension Onslow County Report

## EFNEP SUCCESS



### EFNEP Reignites Spark for Cooking

Recently, a participant living in a low-income housing development participated in Onslow County's Expanded Food and Nutrition Education Program (EFNEP) series. Prior to the classes, she had lost interest in cooking. To her, it felt like it took too much time and energy. Even though she used to enjoy it, she couldn't get herself to cook anymore.

She was spending more money eating out and, in turn, making food choices that weren't as good for her health. The educator soon realized that the combination of lessons and recipe tastings were positively impacting the participant. As she learned about the recipes, she became more excited to try them at home.

"I really have not liked cooking for a while, it just seems like hard work. But this class is getting me excited about it. And I can see how when you make a plan, it makes it easier to do. I even made a recipe that was on the calendar you gave me last night and it was so easy and delicious! And thanks to what we learned in class, I remembered I could cook once and eat twice, so I am going to have it again for lunch today!"

Learning new recipes, talking about the benefits of meal planning, and seeing how meals can be made easily in a short amount of time inspired her to find her love for cooking again.

As a result of EFNEP, the participant is cooking meals at home, saving money, and eating leftovers.



### EFNEP Teaches Something New

The Onslow County Expanded Food and Nutrition Education Program (EFNEP) partnered with the Public Library and a low-income housing development complex to conduct a series of classes. While the educator was teaching Food Labels and Making Smart Drink Choices, one participant stated that she didn't understand the differences in fats in food. Even though the participant is conscious about her health, she knew nothing about saturated fat or its risks.

"I did not know there were different kinds of fat. I also have never thought about the fat in dairy products. I am going to be more aware when I am shopping to look for low fat dairy products — especially cheese. I didn't even know that was an option!"



As a result of EFNEP, the participant is reading food labels and making informed decisions on her purchase choices. She also feels more in control of her eating choices. Being educated on what to look for to take care of your body has the participant feeling empowered.

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