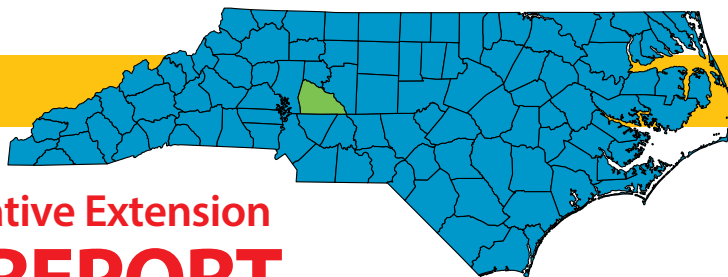




NC Cooperative Extension 2022 REPORT



Rowan 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



88% of EFNEP participants improved dietary intake.



65% practice better food resource management.



66% have improved their food safety habits.



76% now practice daily physical activity.



Rowan County EFNEP Enrollment



563 family and youth participants were reached through direct programming.

2022 NC Cooperative Extension Rowan County Report

EFNEP SUCCESS



EFNEP Makes Learning about Nutrition Fun!

The Expanded Food and Nutrition Education Program (EFNEP) works with local middle schools in Rowan County to deliver Teen Cuisine. The EFNEP educator taught students basic cooking skills so they can eat more nutritious meals everyday. Students learned about the relationship between good health and their growing bodies. They practiced preparing healthy recipes that included whole grains, fruits and vegetables. The EFNEP educator also showed them different ways to be active.

One teen expressed gratitude for the class and shared that both she and her mother were walking daily, which they weren't doing before she enrolled in EFNEP's Teen Cuisine. Learning about fun ways to exercise motivated her to do more. She is now spending less time on electronic devices and more time on physical activities. In addition, the hands-on food demonstrations sparked a passion for cooking. As a result of EFNEP, the student is considering a Culinary Arts degree in the future. "Thank you for making learning FUN!"



EFNEP Sparks Youth's Interest in Opening Her Own Restaurant

The Rowan County Expanded Food and Nutrition Education Program (EFNEP) partnered with a local middle school to deliver Teen Cuisine. The curriculum addresses key concepts about nutrition, food preparation and cooking, food safety, and physical activity using approaches and strategies that enhance learning and behavior change among teens.

One student, whose parents come from another country, shared that her mother instilled a passion for cooking and baking into her at a young age. She remembers waking up to the different smells of spices and the aroma of her culture, which she still uses today. She said, "Cooking is therapy, and it gives me a sense of relaxation and peace." She shared that the Teen Cuisine series helped bring her passion of cooking to life by teaching her about proper knife skills, food safety, reading nutrition facts labels, and making healthy recipes. As she enters high school, she hopes to continue her love for cooking, obtain a culinary degree, and eventually open her own international restaurant that serves people of many different ethnic backgrounds.

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