

NC Cooperative Extension **2022 REPORT**

Scotland 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.
-  **43%** practice better food resource management.
-  **57%** have improved their food safety habits.
-  **49%** now practice daily physical activity.

928 family and youth participants were reached through direct programming.



Scotland County EFNEP Enrollment



Scotland County EFNEP programs obtained in funding and support from local efforts.
\$10,086

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EFNEP SUCCESS



Scotland County Youth Learn to Choose Breakfast

When asking middle schoolers why they don't eat breakfast every morning, these are some of the answers: No one makes it for me; It makes me sick; Not hungry in the morning; or Getting up too late.

The Expanded Food and Nutrition Education Program (EFNEP) partnered with a middle school in Scotland County for a six-week nutrition education program. The EFNEP Educator talked to over 100 6th, 7th and 8th graders about the importance of eating breakfast. Students learned how to incorporate foods from MyPlate, quick recipes that they could make for themselves, and they also got hands-on practice making these recipes.

At the end of the series, pre and post evaluations show that 90% of youth started eating breakfast and were taking steps toward healthy eating.



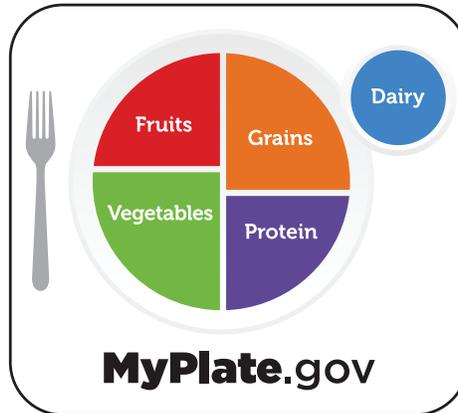
EFNEP Makes Lasting Health Improvements

The Expanded Food and Nutrition Education Program (EFNEP) partnered with Scotland County Schools for a six-week nutrition education program during the school

year. Over 300 students were taught about the importance of eating a variety of healthy foods. EFNEP taught them to make half your plate of fruits and vegetables every day because they are high in vitamins, minerals, and fiber. EFNEP also taught them that some vegetables and fruit can help your skin, hair and help your body heal. One student remembered the EFNEP educator from summer

programming and shared with her all the changes she had been making since the class.

The pre and post evaluations showed over 85% improved in their eating habits.



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