



Anson County

Supporting North Carolina's Families with Greatest Needs Since 1969

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

EFNEP Provides Opportunities



38 volunteers committed
208 hours

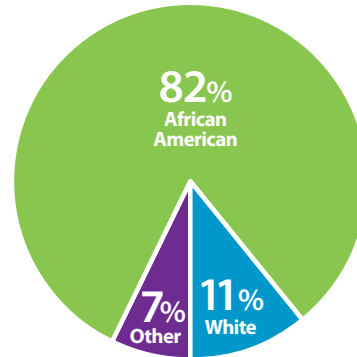
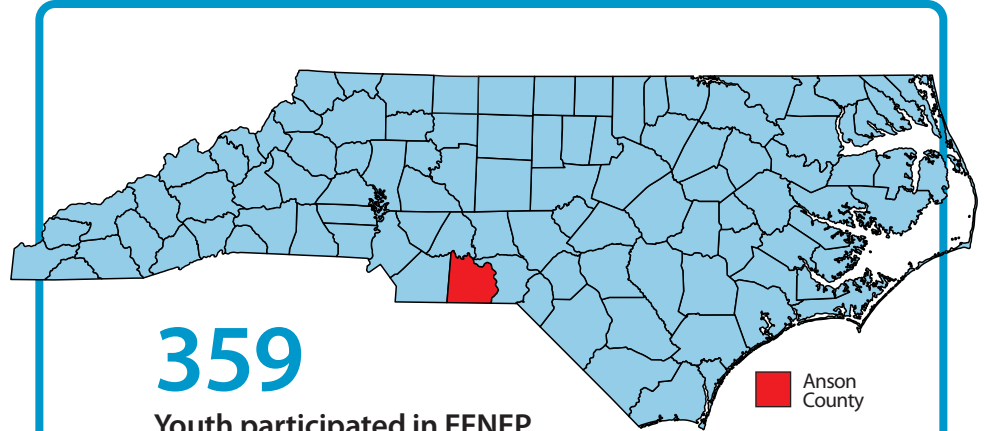


\$6,614
estimated value of volunteer time

Anson County EFNEP programs obtained over

\$1,487

in funding and support from local efforts.



EFNEP Makes a Real Difference



84%
of EFNEP participants improved diet quality.



57%
practice better food resource management.



46%
have improved their food safety habits.



Exploring Foods with EFNEP

EFNEP partnered with a local community center in Morven, North Carolina, to offer complimentary nutrition education classes to limited-resource youth. The program offers free nutrition education classes for low-income populations to help families and youth cook healthier meals at home, be more active, handle foods safely, and follow the MyPlate guidelines.

During one class, a parent shared her struggles getting her son to eat and try new foods. One of the lessons focused on eating fruits and vegetables; the recipe sampled was a yogurt fruit parfait. This was a hit among the children. Encouraged by the EFNEP educator, the child tried it and was pleasantly surprised by the taste. His mother was also surprised and requested all of EFNEP’s snack recipes to make for her son. **Both parent and child were so impressed by EFNEP that they wanted to try all of EFNEP’s recipes.**

This success story highlights how EFNEP’s commitment to encouraging healthy choices can positively impact the lives of low-income families and youth, providing them with valuable nutrition education.



Stepping Up with EFNEP

EFNEP collaborated with a local childcare center in Anson County to provide nutrition education to the students. The program aimed to educate the students about the significance of physical activity, healthy eating habits, and safe food practices.

During the program, the EFNEP educator demonstrated ways to stay active at home and during school. She included fun physical activities in each lesson. Both students and teachers liked how they felt after being active. **They are now tracking their steps and ensuring they get the recommended daily physical activity, something they weren’t doing before EFNEP.**

Overall, the students expressed great appreciation for the classes, and the educator’s teaching style made learning about food, nutrition, and physical activity a fun experience for everyone involved.