



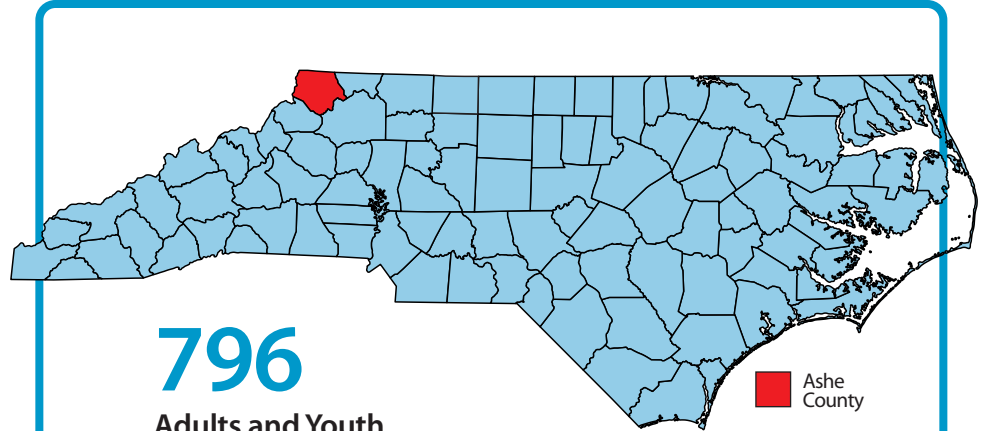
Ashe County

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:

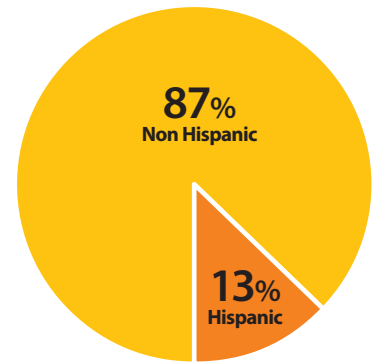
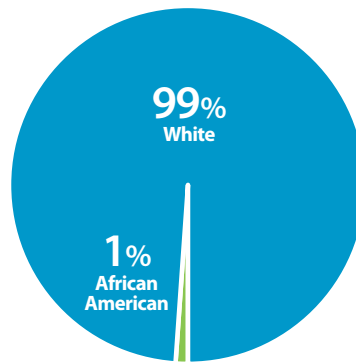
- Peer-to-peer, hands on education in the community
- Healthy, low-cost recipes
- Simple strategies to help families move more together



796

Adults and Youth participated in EFNEP.

Ashe County



EFNEP Provides Opportunities



43 volunteers committed
249 hours



\$7,937
estimated value of volunteer time

EFNEP Makes a Real Difference



89%

of EFNEP participants improved diet quality.



53%

now practice daily physical activity.



38%

practice better food resource management.



62%

have improved their food safety habits.



Partnering with Schools to Promote Healthy Eating

Eating fruits and vegetables is essential for children's health and may help to reduce the risk of overweight and obesity. According to America's Health Rankings, over 33% of school-aged youth in North Carolina are overweight or obese. The EFNEP program in Ashe County collaborated with Ashe County Schools to encourage children to try new fruits and vegetables. The educator showed pictures of colorful fruits and vegetables during the class and provided healthy snacks for the students to taste. Almost all the students were excited and chose to try them. The teachers reported that the students understood the importance of choosing healthy snacks. The EFNEP program also sent a workbook home with the students that included a page to fill out with their families about which new foods in each food group they wanted to try. **By the end of the EFNEP series, 89% of youth participants gained knowledge or improved their ability to choose foods consistent with Federal Dietary Guideline recommendations.**



Understanding Food Labels

NC Cooperative Extension's EFNEP program partnered with Ashe County Schools to teach students about healthy eating. One of the lessons focused on understanding nutrition labels. The EFNEP educator engaged students by giving them food labels to analyze. They were encouraged to extend this learning to their homes and start paying attention to the sugar content in their food choices.

One student shared that she had started taking a new medication that required limiting her sugar intake. She checked the nutrition label of her usual breakfast cereal and found it had a high sugar content. To make a healthy choice, she switched to oatmeal instead. **She also took the initiative to educate her family about reading nutrition labels.** Her actions demonstrate the importance of understanding nutrition labels, not just for this particular instance, but for making informed dietary decisions that can lead to better health.