



# Bertie 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



**51** volunteers committed  
**333** hours

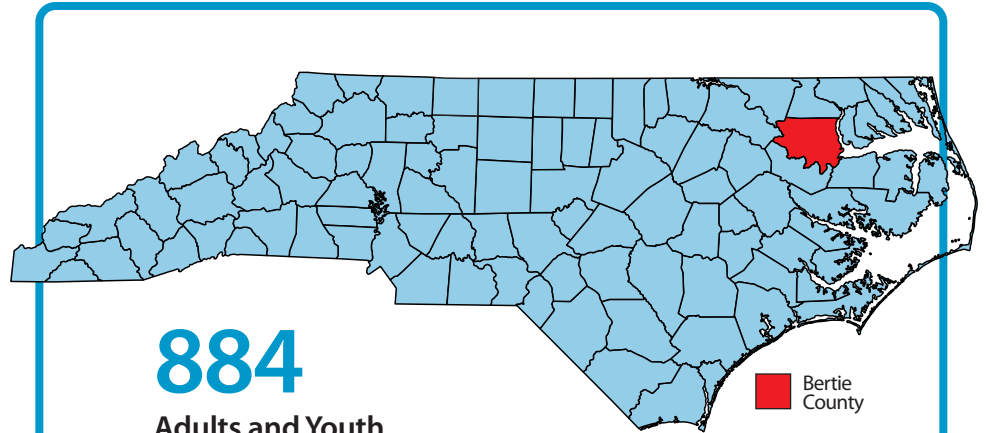


**\$10,583**  
estimated value of volunteer time

Bertie County EFNEP programs obtained over

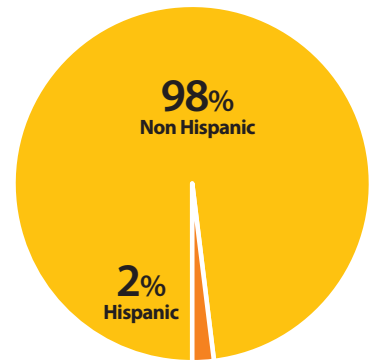
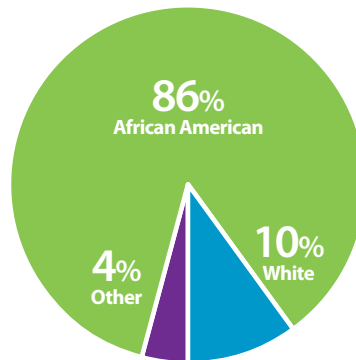
**\$17,554**

in funding and support from local efforts.



**884**

Adults and Youth participated in EFNEP.



## EFNEP Makes a Real Difference



**100%**  
of EFNEP participants improved diet quality.



**72%**  
now practice daily physical activity.



**98%**  
practice better food resource management.



**70%**  
have improved their food safety habits.



## Getting Kids Excited to Stay Hydrated

A primary goal of the Expanded Food and Nutrition Education Program (EFNEP) is to improve participant's knowledge of healthy eating and provide support for making healthier choices.

An EFNEP educator in Bertie County was able to teach a class of 5th grade students about healthy hydration choices using the Show Me Nutrition curriculum in their classroom and also helped them apply the lesson while they were on their own. The students were scheduled to go on a 3-day field trip with their school and would have many opportunities to make their own food and beverage choices. After teaching the students about the importance of drinking water throughout the day to stay hydrated, she provided water bottles to all of the students. This allowed the students to get into the habit of drinking more water and they were also able to bring the water bottles on their field trip. The teachers participated in the EFNEP lessons and brought water bottles on the trip to serve as role models for the students. The combination of education in the classroom plus an opportunity to practice the behavior helped make the healthy choice, the easy choice. **One teacher said, "having water bottles with the students really encouraged them to drink the water they needed each day with all of the exercise they were doing."** The water bottles served as a cue for healthy behavior and provided a visual reminder to stay hydrated. It was a convenient way to create interest and excitement in being healthy!



## A Journey to Healthier Meals

The EFNEP lessons have benefits that extend beyond the classroom. In Bertie County, the EFNEP educator found that the Families Eating Smart and Moving More curriculum significantly impacted a participant who wanted to learn how to eat healthier to help a family member control his blood sugar levels. The participant expressed a desire to learn how to prepare healthy recipes at home that her family would enjoy eating and to help them reduce their consumption of fast food and sweets.

As a result of attending the EFNEP classes, this participant learned how to prepare many new recipes that were healthy for all family members. The participant learned simple strategies to prepare nutritious meals high in nutrients and fiber. The information was shared with the family member who was careful about his blood sugar levels. He learned to swap fast food for home-cooked meals and snacks. **The family member recently learned that his blood sugar was better than it had been in years.** The participant proudly shared with the EFNEP educator that "his sugar is so good now." The hands-on cooking skills and education participants learn in class benefit the entire family, making it a true win-win!



www.ncefnepp.org

