



# Brunswick 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



**45** volunteers committed  
**499** hours

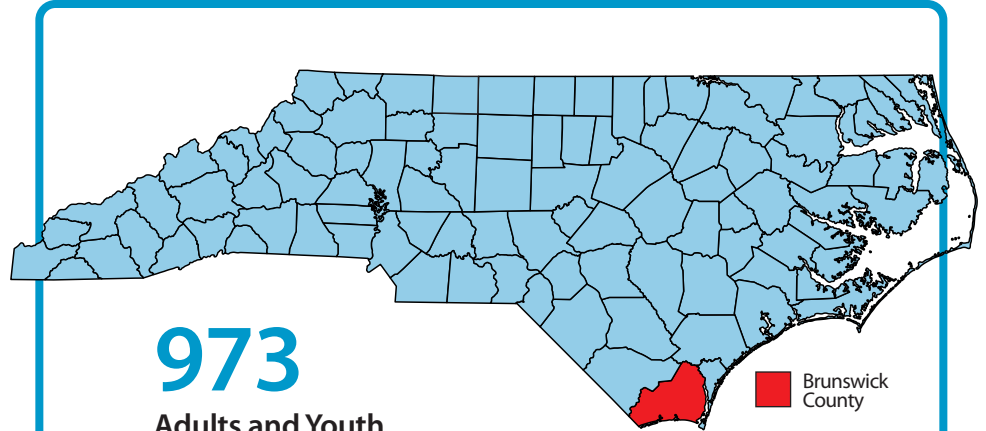


**\$15,875**  
estimated value of volunteer time

Brunswick County EFNEP programs obtained over

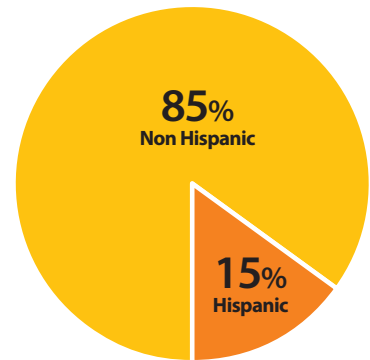
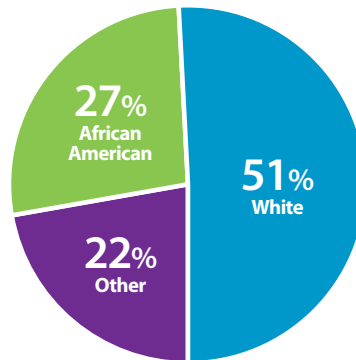
**\$5,500**

in funding and support from local efforts.



**973**

Adults and Youth participated in EFNEP.



## EFNEP Makes a Real Difference



**86%**

of EFNEP participants improved diet quality.



**61%**

now practice daily physical activity.



**46%**

practice better food resource management.



**63%**

have improved their food safety habits.



## Building Healthy Habits

North Carolina is facing significant challenges in combating chronic diseases. However, the Expanded Food and Nutrition Education Program (EFNEP) is playing an important role in reversing this trend. In partnership with Southport Elementary, Brunswick County EFNEP delivered the Building My Body lesson to 3rd grade students.

During the series, the students learned how to read Nutrition Facts Labels to identify added sugars. They also understood the importance of MyPlate in maintaining a healthy diet. Notably, some students emphasized the significance of getting 60 minutes of exercise daily and limiting screen time. **One particular student embraced these lessons and shared the knowledge with his younger sister through joint physical activities like biking.** This reflects the positive impact of EFNEP in promoting healthy behaviors among young learners.

These results demonstrate the impact of EFNEP on the youth participants and highlight the program’s commitment to instilling healthy habits from a young age. EFNEP is contributing to a healthier and brighter future for North Carolina by empowering these students with the necessary knowledge and tools.



[www.ncefne.org](http://www.ncefne.org)

