



Buncombe 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



27 volunteers committed
146 hours

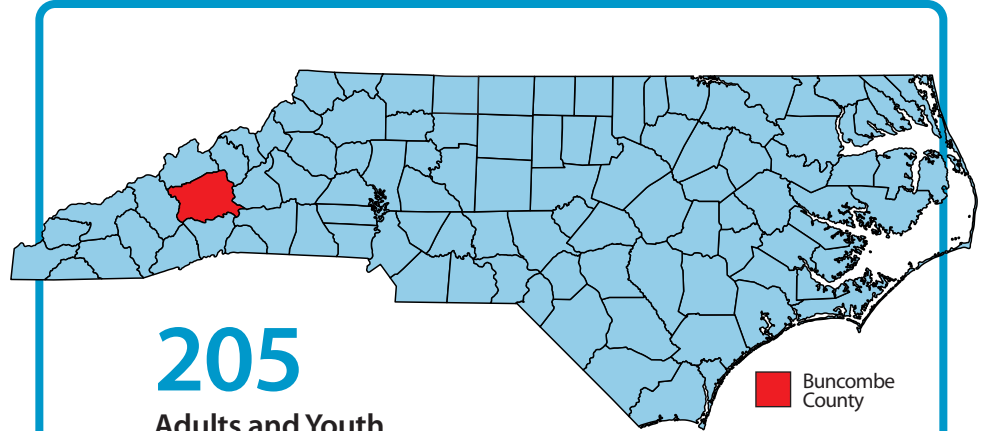


\$4,630
estimated value of volunteer time

Buncombe County EFNEP programs obtained over

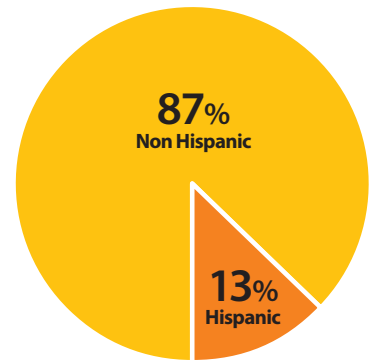
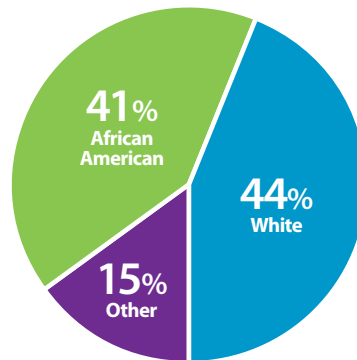
\$1,916

in funding and support from local efforts.



205

Adults and Youth participated in EFNEP.



EFNEP Makes a Real Difference



65%

of EFNEP participants improved diet quality.



32%

now practice daily physical activity.



25%

practice better food resource management.



50%

have improved their food safety habits.



EFNEP Makes “Waiting” FUN and EDUCATIONAL!

Buncombe County EFNEP has partnered with Montmorenci Methodist Church’s Community Market in Candler, NC to provide nutrition education classes to the patrons of their free food pantry supported by the Manna Food Bank. The food pantry organizers realized that families were lining up and waiting in their cars for 3-4 hours in advance of the beginning of the food distribution. This likely resulted in families sitting in a vehicle that was either too hot or cold or wasting expensive gas to run their vehicles for climate control. They wanted to make securing food easier for the clients, so they began brainstorming possible solutions.

The organizers decided to have Buncombe County’s EFNEP educator provide a fun and educational class series for their patrons while they wait. The patrons are still allowed to save their spots in line, but now they can be more comfortable while waiting. They park their cars in line, place an identifying placard on their windshield, and proceed into the church meeting hall to learn about food safety, food security, good nutrition, and physical activity. Once the EFNEP class has concluded, they return to their cars to drive through the pantry pick-up line. This will likely encourage more community members to utilize this excellent resource. **One food pantry worker commented, “We had a problem of how to keep these families engaged while they waited for volunteers to organize the donations, and we thought an EFNEP class would be the perfect solution!”**



Teachers Serve as Healthy Role Models to Students

While Buncombe County’s EFNEP educator was at an elementary school to teach nutrition and physical activity to the students, she quickly realized she had also positively influenced the teachers. One of the teachers shared with the EFNEP educator that she had diet-related health problems, and she found the EFNEP lessons to be

inspirational to her. She especially loved the recipes shared with the students. “You have opened my eyes about what it means to eat healthy. Thank you so much!”

She thought that eating healthier would be much more expensive, which is a common misconception. The EFNEP educator was able to demonstrate that healthier options can be affordable. By emphasizing budget-friendly options and providing recipes catering to specific dietary needs and restrictions, the EFNEP educator helped the teacher and her family adopt these healthier habits.

EFNEP’s impact extends well beyond the students as it influences the teachers’ behaviors. In turn, teachers can serve as healthy role models to the students. This ripple effect can create a positive shift in overall well-being. EFNEP teaches lessons about healthy eating and empowers people to make meaningful life changes!

