



Cabarrus 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



18 volunteers committed
83 hours

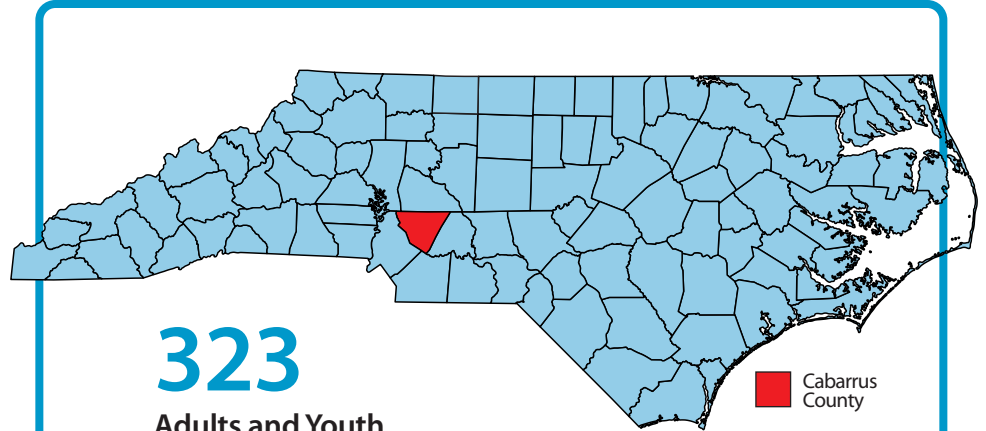


\$2,646
estimated value of volunteer time

Cabarrus County EFNEP programs obtained over

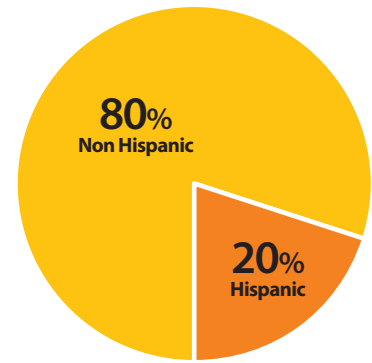
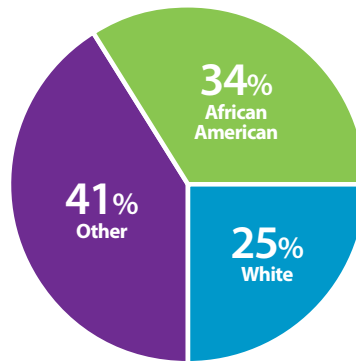
\$60

in funding and support from local efforts.



323

Adults and Youth participated in EFNEP.



EFNEP Makes a Real Difference



82%
of EFNEP participants improved diet quality.



48%
now practice daily physical activity.



49%
have improved their food safety habits.



A Hidden Gem

Cabarrus County’s Shady Brook Elementary School has a hidden gem — a teaching kitchen with the potential to help develop students’ interest in the Career and Technical Education (CTE) pathways. EFNEP, in collaboration with The Bulb and Second Harvest Food Bank, partnered with the school to provide immersive, hands-on cooking demonstrations in the teaching kitchen using fresh, local produce. Through this dynamic partnership, the EFNEP educator introduced students to various locally grown fruits and vegetables and transformed the kitchen into a space of discovery, where students learned culinary skills and explored healthier food choices.

In addition to learning about nutrition and food preparation, students delved into goal

setting. The EFNEP educator taught students to set small and realistic goals related to healthy choices. One student shared that she wanted to reduce her sodium intake. **She set a goal to start reading nutrition labels to choose low-sodium options. It was a small step but represented a significant shift in her awareness of healthy choices.**

EFNEP utilized the Shady Brook Elementary kitchen to create an immersive learning environment that encouraged students to set goals in making healthier food choices. This experience demonstrated the impact of education and hands-on learning in shaping a healthier and more knowledgeable future for young people.



Healthy Cooking Camp

Over the summer, the Cabarrus County Boys and Girls Club embarked on a mission to transform a once-empty Life Skills room into a hub of adventure. Historically, it had been difficult to convince enough of their 3rd, 4th, and 5th graders to select the activities offered in this room. That all changed when they partnered with the Expanded Food and Nutrition Education Program (EFNEP).

The EFNEP educator’s passion for cooking and teaching brought new excitement to the Life Skills session of the

summer camp. The campers were always enthusiastic to discover the week’s recipe and engage in games emphasizing kitchen safety and cooking skills. To make this culinary journey even more exciting, EFNEP teamed up with strategic partners, The Bulb and Second Harvest Food Bank, who provided fresh, local produce for hands-on cooking demonstrations.

This partnership opened up a whole new world for the young campers. Many of them tasted some of North Carolina’s staples, including squash, zucchini, and cantaloupe, for the first time. Not only did they get to savor the fresh produce, but they also learned how to prepare it, turning them into budding chefs.

The participants realized that healthy eating could be simple and delicious. One of their favorite recipes was a fruit and yogurt parfait featuring fresh, local strawberries. They couldn’t get enough, asking for seconds and thirds. It was a delightful lesson for them — that eating healthy could be as easy as layering a few ingredients in a cup.