



NC Cooperative Extension **2023 REPORT**

Chowan & Perquimans Counties

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



63 volunteers committed
1,664 hours

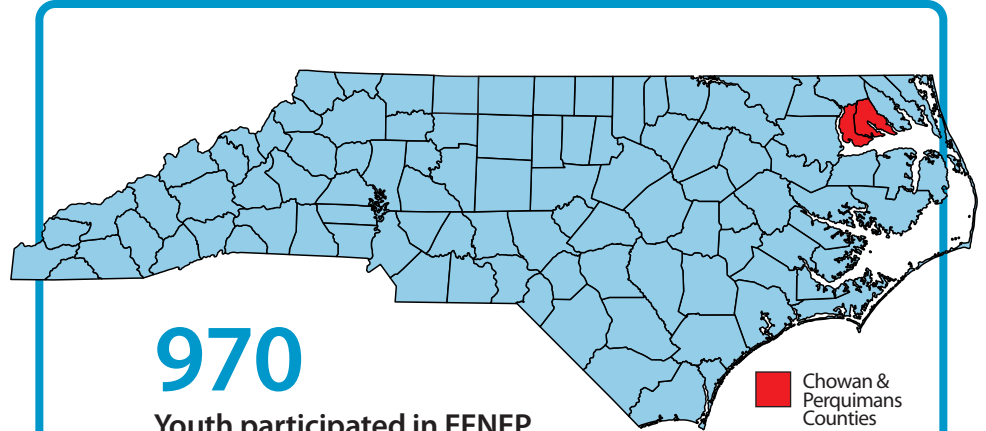


\$52,915
estimated value of volunteer time

Chowan & Perquimans County EFNEP programs obtained over

\$5,006

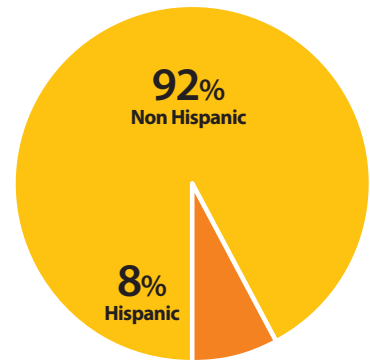
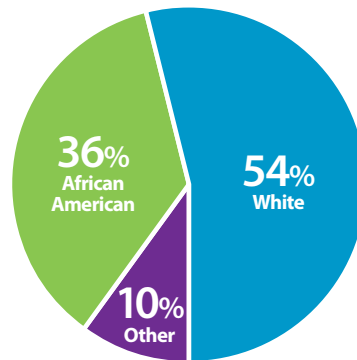
in funding and support from local efforts.



970

Youth participated in EFNEP.

Chowan & Perquimans Counties



EFNEP Makes a Real Difference



91%
of EFNEP participants improved diet quality.



61%
now practice daily physical activity.



48%
practice better food resource management.



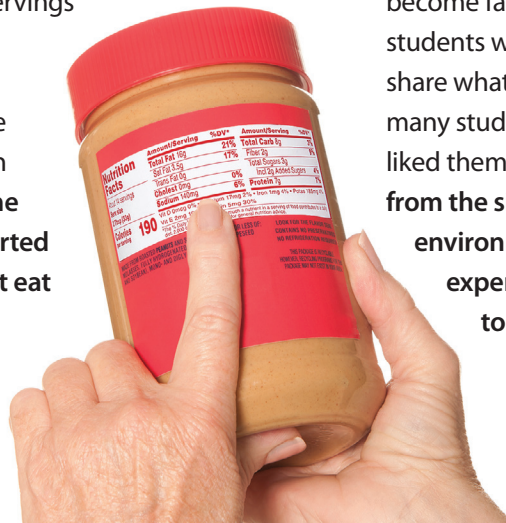
50%
have improved their food safety habits.



Empowering EFNEP Youth through the Nutrition Facts Label

Reading the Nutrition Facts Labels on food products is an impactful learning activity for everyone, particularly for young students who have never been exposed to this information. Once students learn that the information provided on food packaging has meaning and value, they are more likely to use it to make informed food choices. A youth EFNEP educator in Chowan County led students on a journey of discovery to explore the Nutrition Facts Labels during her classes.

She talked about each nutrient on the label and noticed that the students were particularly amazed by the amount of sugar in some foods. The EFNEP educator talked about the many different names sugar can have on the ingredient list and asked the youth to spot “hidden” sugar. These names can make sugar challenging to identify. The students were astonished by the amount of sugar they consume in typical snacks and beverages. They also learned that many packaged foods have multiple servings in one container, meaning the amount of sugar can be double or triple the amount listed on the Nutrition Facts Label. This was an eye-opening lesson for them. **One student proudly reported, “I started reading the food label so I won’t eat too much sugar!”**



From Picky Eater to Food Explorer

There are many reasons why children may refuse to sample unfamiliar foods, such as having a limited palate, having a preference for familiar foods, reacting to the influence of peers, and responding to caregivers’ attitudes towards certain foods. This is why it’s important to approach food exposure opportunities with patience and understanding. The youth EFNEP educator in Perquimans County experienced this particular challenge when teaching classes at an elementary school. She found many students hesitated to try unfamiliar foods when she provided food sampling experiences during EFNEP classes. The students expressed dislike of particular ingredients, even if they had not tried them before.

The educator empathized with the situation and acknowledged the students’ feelings about the unfamiliar foods. She provided positive reinforcement and supported small steps like smelling and touching the new food to become familiar with it. She asked for feedback from the students willing to sample the food and asked them to share what they liked about it. This approach worked, and many students who tried new food items found out they liked them. **Ultimately, the educator removed pressure from the situation and successfully created a stress-free environment for trying new foods. These positive food experiences will set the stage for encouraging kids to be more open to trying new foods in the future.**