



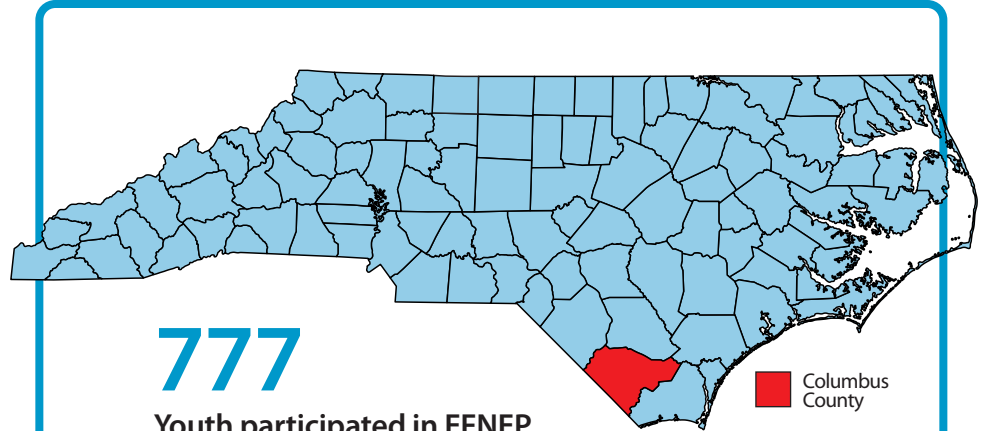
Columbus County

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:

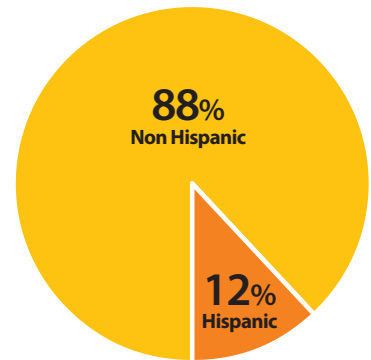
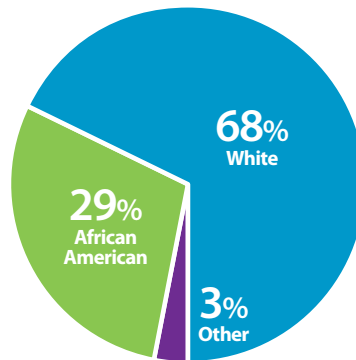
- Peer-to-peer, hands on education in the community
- Healthy, low-cost recipes
- Simple strategies to help families move more together



777

Youth participated in EFNEP.

Columbus County



EFNEP Provides Opportunities



22 volunteers committed
478 hours



\$15,213
estimated value of volunteer time

EFNEP Makes a Real Difference



94%
of EFNEP participants improved diet quality.



74%
now practice daily physical activity.



70%
have improved their food safety habits.



Bolton’s Healthy Transformation: A Partnership for Sustainable Living

The Town of Bolton has made it a priority to create a healthy and sustainable community. One major concern that the community faced in the past was a high number of heart attacks and related deaths. This prompted a community-wide effort to address the issue through education, cultural changes, and environmental factors.

To tackle the problem, the EFNEP (Expanded Food and Nutrition Education Program) Educators joined forces with the Bolton Safe Haven Program. Recognizing the need for afterschool programs to support working parents in the community, they began offering after-school enrichment programs. These programs aimed to keep youth engaged and also focused on nutrition education.

To expand the educational opportunities further, Bolton Safe Haven sought to incorporate raised bed gardens into their programs. They collaborated with the North Carolina Cooperative Extension Columbus County Center to introduce the concept of raised bed gardens to the youth. The EFNEP Educator and Family Consumer Science Agent partnered to teach the youth how to create and maintain raised bed gardens. They also emphasized the nutritional benefits of consuming fresh, healthy foods, highlighting the positive impact on overall well-being.

As a result of this successful partnership, raised bed gardens will now be implemented annually for the youth of the Town of Bolton. This initiative allows the young community members to actively grow, cultivate, and consume fresh fruits and vegetables. The collaboration between EFNEP, Family and Consumer Science, and Bolton Safe Haven has positively changed the Town of Bolton, promoting healthy options and a sustainable lifestyle.



www.ncefneep.org

