



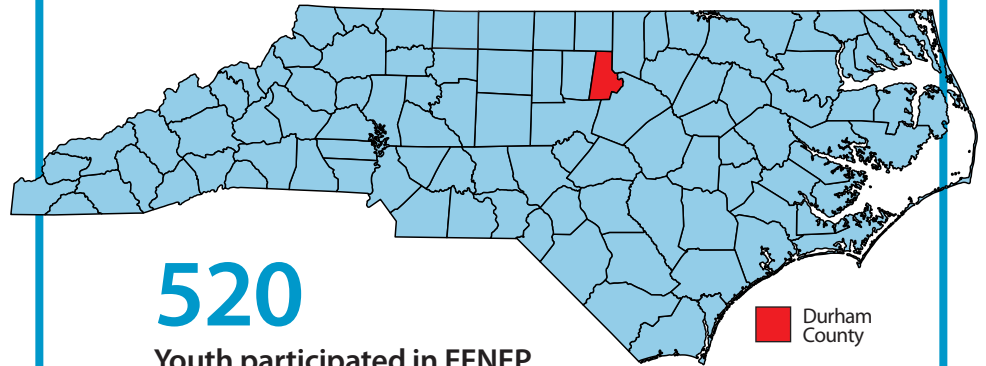
Durham County

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:

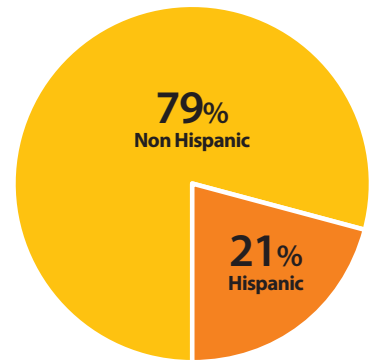
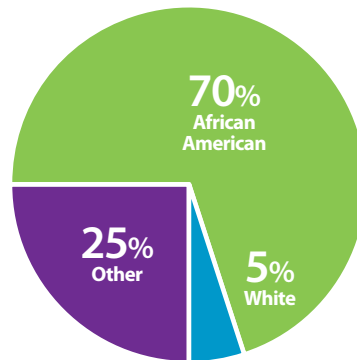
- Peer-to-peer, hands on education in the community
- Healthy, low-cost recipes
- Simple strategies to help families move more together



520

Youth participated in EFNEP.

Durham County



EFNEP Provides Opportunities



30 volunteers committed
250 hours



\$7,937
estimated value of volunteer time

EFNEP Makes a Real Difference



87%
of EFNEP participants improved diet quality.



52%
now practice daily physical activity.



48%
practice better food resource management.



62%
have improved their food safety habits.



EFNEP Builds Confidence

In Durham County, the impact of EFNEP’s Youth curriculum, Camp, Cook, Play, reached far beyond the kitchen, transforming the daily life of a young participant. In a world where many American families find it hard to have multiple sources of income, it’s common for kids to be left alone at home after school. Recognizing this need, EFNEP partners with youth organizations to teach essential life skills such as making healthy food choices and preparing simple yet nutritious meals and snacks.

In one EFNEP group, a participant shared that when he got home after school, he was alone and often hungry. Through the Camp, Cook, Play sessions, he learned to prepare simple recipes that were healthy and delicious.

The student stated, “I was hungry and could not focus.... Now I can make a fruit and yogurt parfait and other snacks by myself..”

The newfound ability to prepare healthy and simple snacks addressed his immediate hunger and transformed his after-school routine. With increased confidence and independence, he could focus on play and academic responsibilities, creating a positive and productive environment for himself.

This success story is a testament to the real-world impact of EFNEP’s commitment to youth education, providing practical skills that empower young individuals to navigate the challenges of being home alone and fostering a healthier and more independent lifestyle.