



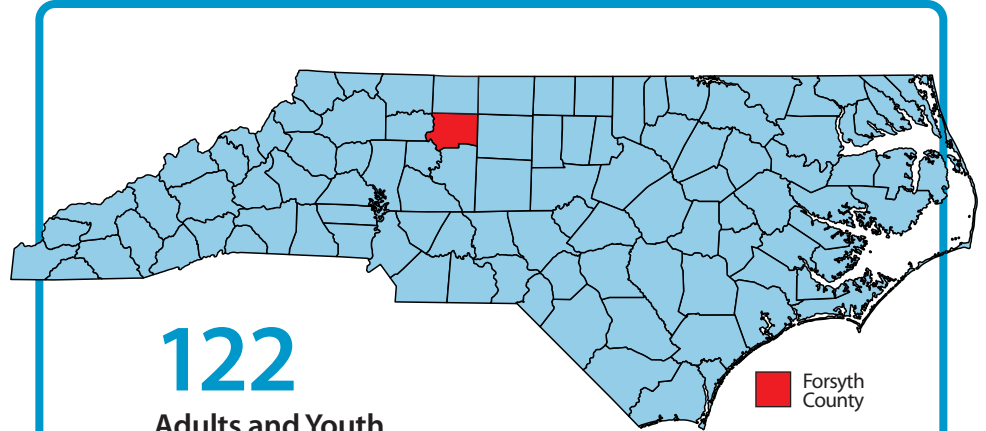
Forsyth County

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.

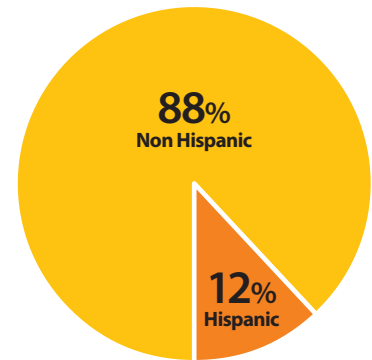
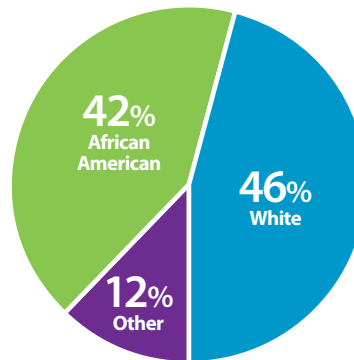
EFNEP provides:

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



122

Adults and Youth participated in EFNEP.



EFNEP Provides Opportunities



2 volunteers committed
21 hours



\$661
estimated value of volunteer time

EFNEP Makes a Real Difference



94%
of EFNEP participants improved diet quality.



70%
now practice daily physical activity.



49%
practice better food resource management.



53%
have improved their food safety habits.

Collaborating with Organizations with a Common Mission

The partnership between the non-profit Common Heart and EFNEP in Union County has been a tremendous success in empowering families in need and addressing food insecurity.

Early in the year, Common Heart partnered with EFNEP to offer a free nutrition education series at the Marshville food pantry. The partnership was incredibly impactful, given that Marshville had a poverty rate of 22.5% in 2020, underscoring the urgent need for programs promoting economic empowerment and food security.

With the assistance of EFNEP, clients served by Common Heart had the chance to learn new recipes and cooking techniques, enabling them to stretch their food budget and make the most of the ingredients provided by the food pantry.

Throughout the series, the EFNEP educator introduced to participants various nutritious and budget-friendly recipes, such as a versatile super-stir fry, a customizable chicken and broccoli quiche, and quick-to-make mini-meatloaves. These recipes equipped families with the skills to create flavorful meals while being mindful of their resources. For families with limited resources, these newfound skills significantly improve their ability to provide nutritious meals for themselves and their loved ones.

The success of this collaboration serves as an example of the transformative impact achievable through community partnerships. It illustrates how community organizations can work together to establish a sustainable and thriving community where people can access the resources and support necessary for their well-being.

Sabor y Salud: Cooking Up Healthy Lifestyles

Many Hispanic families have sought opportunities for a better future abroad in response to economic challenges in their home countries. A significant 55% of Selma Middle School students in Johnston County, NC, are of Hispanic descent. Recognizing the opportunity, the EFNEP Educator collaborated with Selma Middle School and delivered the Families Eating Smart and Moving More classes in Spanish for parents.

One participant, a father of six children, expressed concerns about limited time for home-cooked meals as well as financial constraints. Fearing the risk of chronic disease among his children,

he wanted to learn ways he could improve their diet and overall health within his limited budget. The EFNEP classes addressed these concerns, introducing budget-friendly and easy to prepare healthy recipes.

Throughout the program, the group prepared simple recipes that fostered enthusiasm among participants. Each lesson incorporated dedicated “move more” time, encouraging physical activity. The concluding session culminated in a 10-minute walk around the school involving parents, children, and teachers.

The program’s impact was evident in the participant’s changed approach to grocery shopping, nutritional awareness, and increased family involvement in meal planning. The father shared that he is now cooking healthier recipes and selecting nutritious beverages. Grateful for the valuable lessons, he now feels equipped to guide his children toward healthy choices.

He plans to enhance their family bonding by cooking together and being more active regularly.

Fuel for Life: Nourishing Futures, Transforming Lives

In a groundbreaking initiative to enhance the well-being of high school students in the Granville/Vance County area, the Vance County Cooperative Extension Expanded Food and Nutrition Education Program initiated the new “Fuel for Life” curriculum. The EFNEP educator piloted the program at JF Webb High School in Oxford, NC, to impart life skills centered around nutrition, cooking, and overall well-being.

The curriculum focuses on food preparation, from mastering cooking techniques and safe food handling to grasping the intricacies of healthy eating and meal planning. Over six to eight weeks, the program examines nutrition, recognizing the impact that healthy choices have on the lives of teenagers. This acknowledgment is rooted in research emphasizing the importance of nutrition during the teenage years.

The effectiveness of the Fuel for Life curriculum is evident in positive changes among high school students. Results include a 63% increase in fruit consumption, a 63% increase in the use of whole grains, and a 62% increase in regular physical activity. The curriculum goes beyond just an educational effort; it acts as a catalyst for transforming lifestyles. By emphasizing the importance of nutrition, physical activity, and mindful choices, it sets the stage for a healthier and more informed future.



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