



Guilford 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



12 volunteers committed
83 hours

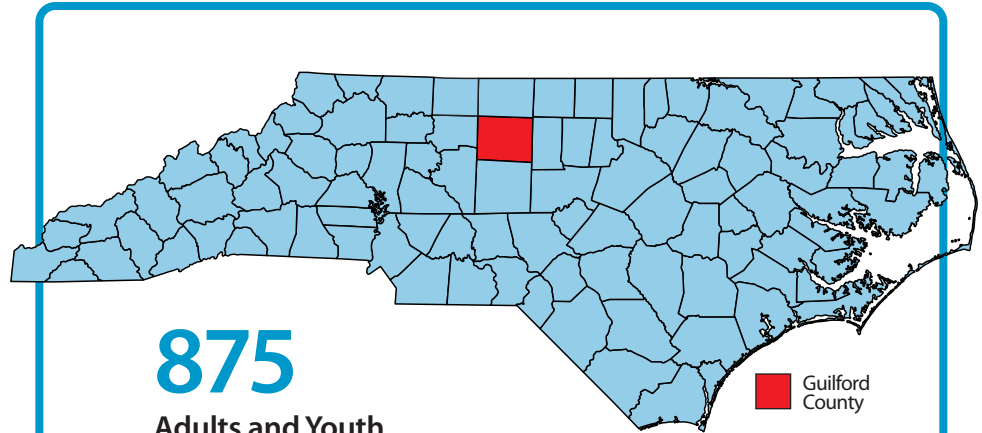


\$2,646
estimated value of volunteer time

Guilford County EFNEP programs obtained over

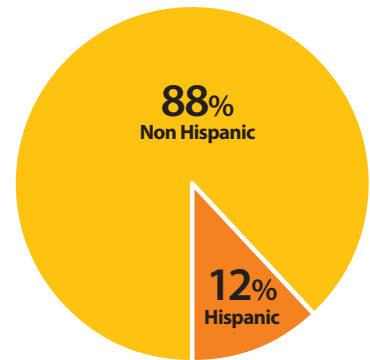
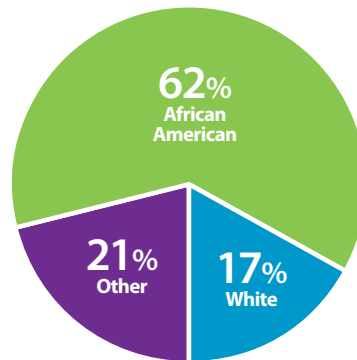
\$548

in funding and support from local efforts.



875

Adults and Youth participated in EFNEP.



EFNEP Makes a Real Difference



85%

of EFNEP participants improved diet quality.



66%

now practice daily physical activity.



43%

practice better food resource management.



51%

have improved their food safety habits.



Teen Cuisine Triumph: Nourishing Minds, Fueling Futures

In the heart of Guilford County, where food security is a pressing concern, the EFNEP program takes center stage with “Teen Cuisine Mustangs Powering Forward.” This program addresses dietary gaps, encourages physical activity, and reduces screen time among middle schoolers at Mendenhall Middle School. They aimed to increase vegetable and fruit consumption and instill a love for physical activity among the students.

The EFNEP educator used high-quality lessons, engaging demonstrations, and fun physical activities to make the program enjoyable for the students. They prepared recipes that complemented the educational objectives and introduced students to alternative ways of obtaining essential nutrients for their growing bodies.

One of the program’s highlights was a hands-on experience with a Stir Fry made from a homemade sauce. **The impact of this culinary exploration went beyond the classroom, as one student who was initially a self-proclaimed vegetable skeptic enjoyed the recipe and even replicated it at home.**

The EFNEP educator achieved her goal of reaching students at their level, igniting an interest in their health and well-being, and inspiring them to carry this newfound knowledge home. “Teen Cuisine Mustangs Powering Forward” is a testament to nutritional education’s transformative power, illuminating the path towards more nutritious and resilient futures for Guilford County’s youth.



Teen Cuisine Mustangs: A Recipe for Inclusivity, Empowerment, and Health

To enhance the health prospects of limited-resource youth, the EFNEP program in Guilford County introduced the program “Teen Cuisine Mustangs: Promising Special.” Focused on the critical role of nutrition in preventing health issues like diabetes and high blood pressure, the program, led by an EFNEP youth educator, targets middle schoolers, with a particular emphasis on addressing the dietary needs of underserved special needs students.

Beyond the culinary skills imparted, the program’s impact extends into nutritional awareness and self-confidence building. Students not only learn healthier ways to season their meals and reduce sodium intake but also develop the ability to understand the Nutrition Facts labels, gaining valuable insights into their dietary choices. **This transformative journey enhanced their self-sufficiency and boosted self-esteem, exemplified by a nonverbal student who discovered his voice and improved motor**

skills through making chicken quesadillas. The program’s tailored approach imparts nutritional knowledge and cultivates an inclusive environment where each student can flourish and actively contribute to their overall well-being.



www.ncefneep.org

