



Halifax 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



16 volunteers committed
354 hours

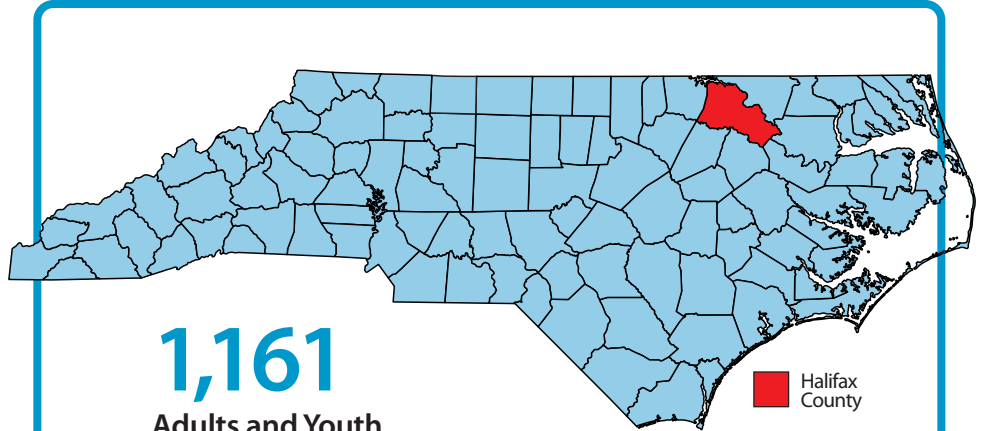


\$11,244
estimated value of volunteer time

Halifax County EFNEP programs obtained over

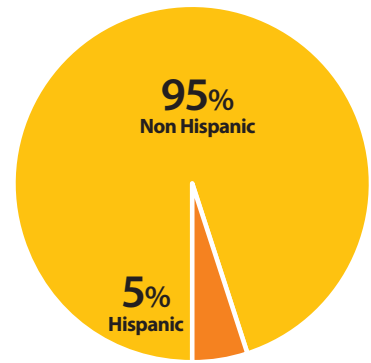
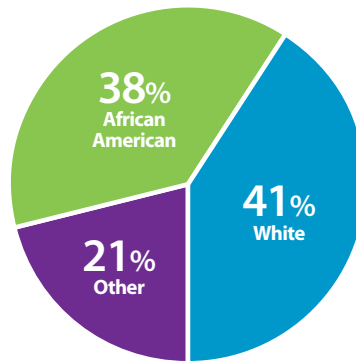
\$3,000

in funding and support from local efforts.



1,161

Adults and Youth participated in EFNEP.



EFNEP Makes a Real Difference



87%

of EFNEP participants improved diet quality.



64%

now practice daily physical activity.



46%

practice better food resource management.



57%

have improved their food safety habits.



Halifax County Schools Empowerment Zone Partnership

The mission of Halifax County Schools Empowerment Zone is to create an environment that promotes self-respect, individual growth, and responsibility that leads to success beyond graduation. It is a second chance and fresh start for high-school students by providing project and action-based learning. Halifax County’s N.C. Cooperative Extension program, Operation Restart, provides assistance and additional opportunities to these students. Knowing EFNEP’s mission and potential impacts to be able to help students adopt positive health behaviors to achieve and maintain a healthy lifestyle, Operation Restart connected the EFNEP Educator to the Empowerment Zone Coordinator.

Empowerment Zone students enrolled in EFNEP’s Fuel for Life high school curriculum. Students enjoyed being able to participate in hands-on activities to enhance their learning about nutrition, physical activity, and basic cooking skills that they will continue to use throughout their lives. **As a result of participating in EFNEP’s Fuel For Life, 79% of students improved their diet quality, and 43% improved their food safety skills.**

The learning didn’t stop there. The EFNEP Educator connected students at the Empowerment Zone with North Carolina State University’s SNAP-Ed program, Steps to Health, to implement a garden initiative. Students learned to put together raised beds, plant seeds, care for the plants, and now will be able to cook the produce from their garden.

Operation Restart opened the door for a new partnership for EFNEP that led the way for policy, system, and environmental change work provided by N.C. Cooperative Extension Halifax County Center. From this team effort, Empowerment Zone students were able to participate in additional hands-on learning activities to promote individual growth and responsibility that they will be able to take with them beyond graduation.



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