



# Henderson 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



**68** volunteers committed  
**312** hours

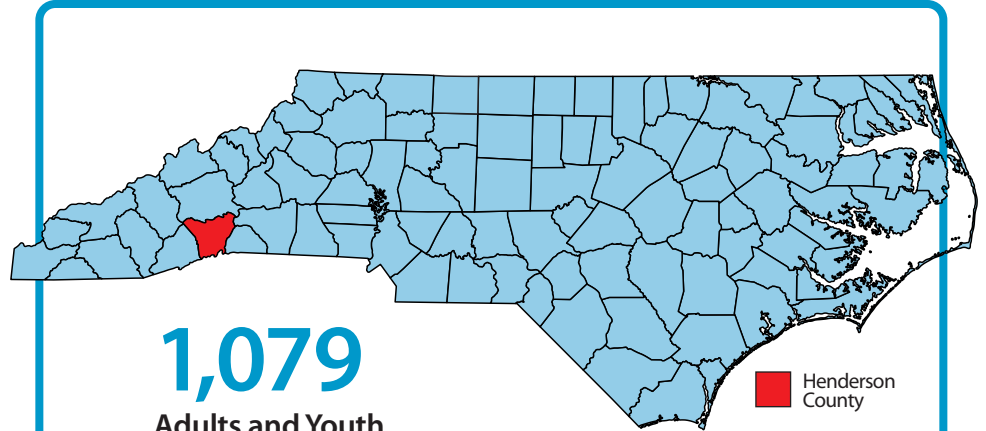


**\$9,922**  
estimated value of volunteer time

Henderson County EFNEP programs obtained over

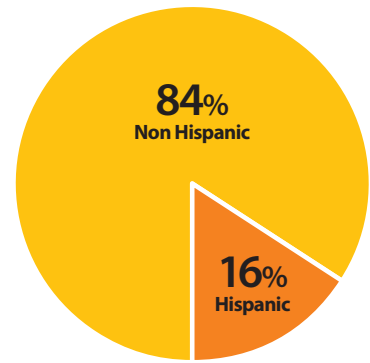
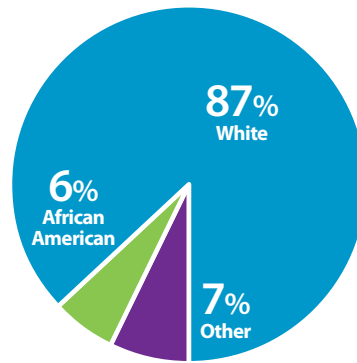
**\$6,691**

in funding and support from local efforts.



**1,079**

Adults and Youth participated in EFNEP.



## EFNEP Makes a Real Difference



**93%**

of EFNEP participants improved diet quality.



**79%**

now practice daily physical activity.



**80%**

practice better food resource management.



**71%**

have improved their food safety habits.

  **EFNEP Connects Head Start Program to Community Resources**

The Henderson County Expanded Food and Nutrition Education Program (EFNEP) partnered with WNCSource’s Head Start program to provide a series of Families Eating Smart and Moving More classes to the center’s parents. While teaching, the EFNEP educator discovered that many families lacked access to fresh produce. When she spoke to the center’s staff about her concern, they expressed an interest in teaching the children about nutrition and growing their fruits and vegetables.

The EFNEP educator immediately connected the center to the SNAP-Ed Steps to Health (STH) program. STH was able to grant funds to WNCSource’s Head Start program to create raised garden beds at seven of their centers. The teachers implemented the USDA’s Farm to Preschool program and used the garden beds to teach about different types of fruits and vegetables. The fresh produce is used for taste tests and snacks for the children.

**Not only did the center’s parents learn from EFNEP, but their children are now being encouraged to eat more fruits and vegetables through hands-on learning activities.**



  **Fresh Beginnings: Nurturing Health Through Community and Collaboration**

One mother and daughter were actively pursuing healthier lifestyles and decided to join the EFNEP’s Families Eating Smart Moving More class. While teaching the lessons, the EFNEP educator recognized that this family and other participants had limited access to fresh produce. Often, a lack of resources can hinder making healthier dietary choices.

Caja Solidaria, also known as the Solidarity Food Box, donated bags of fresh produce to Hendersonville First Church of the Nazarene hosting the EFNEP class. The EFNEP educator taught the participants creative ways to use the fresh produce. By highlighting the importance of consuming fruits and vegetables, she empowered them to address deficiencies in vitamins and minerals that could have negatively impacted their health.

After the EFNEP series, the mother reported that she and her daughter had “eaten fresh produce at every meal that week!” This level of excitement is a clear testament to the impact that EFNEP’s guidance and collaborative efforts are having on participants’ daily diets. By providing education, resources, and support, EFNEP is making a tangible difference in the lives of individuals and families, helping them overcome barriers and make positive changes towards healthier living.