



# Hoke 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



**1,301** volunteers committed  
**12,646** hours

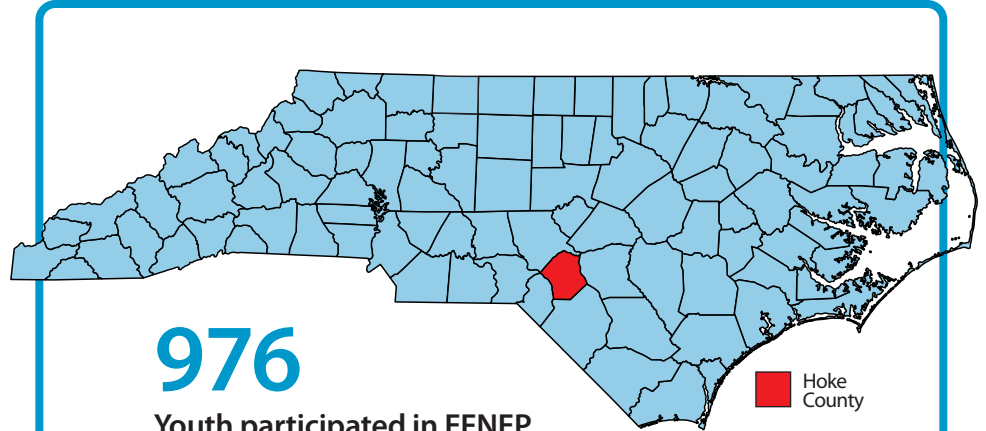


**\$402,156**  
estimated value of volunteer time

Hoke County EFNEP programs obtained over

**\$2,278**

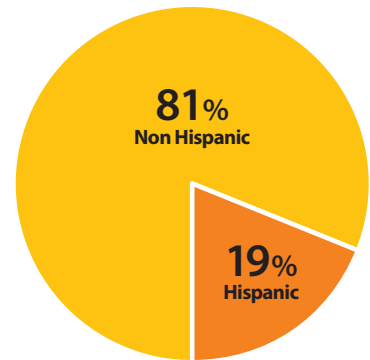
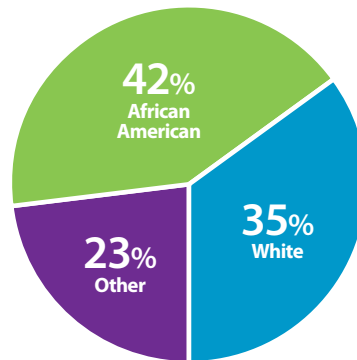
in funding and support from local efforts.



**976**

Youth participated in EFNEP.

Hoke County



## EFNEP Makes a Real Difference



**98%**

of EFNEP participants improved diet quality.



**94%**

now practice daily physical activity.



**85%**

practice better food resource management.



**91%**

have improved their food safety habits.



## Youth Focus on Foods

Fostering healthy eating habits and promoting physical activity among children is critical for their overall well-being. Families, schools, and communities can play a pivotal role in supporting these changes in children’s behavior. To support this issue, the Hoke County Cooperative Extension’s 4-H EFNEP partnered with the Public Schools of Hoke County to deliver nutrition education to its students.

The program targeted students from kindergarten to 8th grade and aimed to educate them about the importance of healthy food choices. The curriculum for younger students (grades K to 2) focused on introducing them to new foods using engaging techniques such as puppets and story-telling. The Adventures in Nutrition curriculum made learning fun and exciting for them. Middle school-age students learned from the Teen Cuisine curriculum, which focused on teaching them how to cook.

**The program’s success was evident from the results of written evaluations, which showed that 99% of youth improved their abilities to choose foods according to Federal Dietary Recommendations, and 90% of youth improved their ability to prepare simple, nutritious, affordable snacks for themselves.** Based on these encouraging results, 4-H EFNEP plans to continue partnering with schools, 4H camps, and other community organizations to bring nutrition awareness to youth in Hoke County.



[www.ncefne.org](http://www.ncefne.org)

