



Johnston 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
229 hours

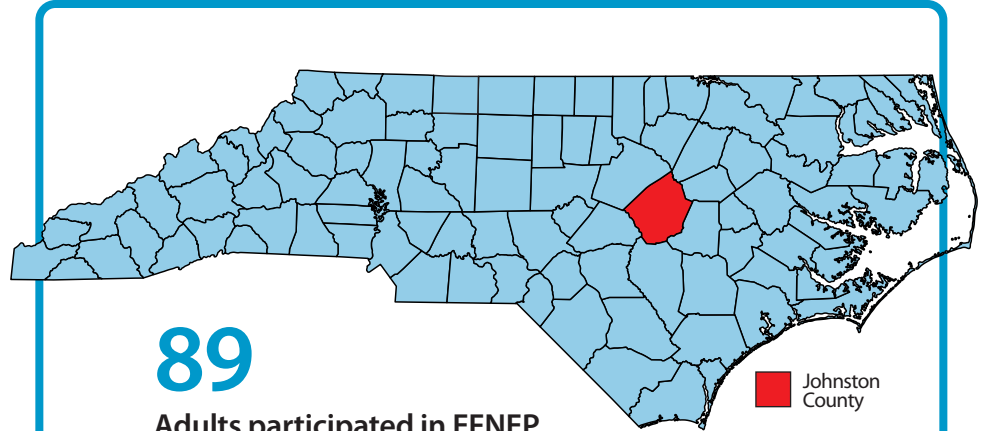


\$7,276
estimated value of volunteer time

Johnston County EFNEP programs obtained over

\$920

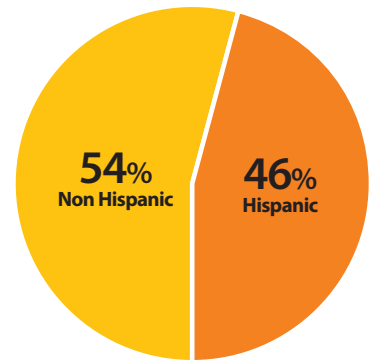
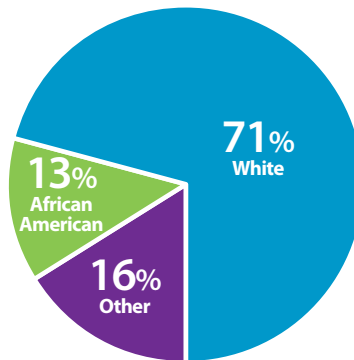
in funding and support from local efforts.



89

Adults participated in EFNEP.

Johnston County



EFNEP Makes a Real Difference



97%

of EFNEP participants improved diet quality.



75%

now practice daily physical activity.



91%

practice better food resource management.



87%

have improved their food safety habits.



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 and 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 recipes while learning to prepare easy and 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.



EFNEP Participants Makes Healthy, Lifelong Impacts

One of the many successful EFNEP partnerships in Johnston County over the past year has been with a women’s residential substance use treatment program.

For several consecutive weeks, the EFNEP Educator provided a lesson from the Families Eating Smart and Moving More curriculum to teach the women and their

families to cook healthy meals at home, be more active, save money on food costs, and handle food safely. After completing the series of lessons, several of the women shared how much they learned and enjoyed the EFNEP lessons.

One participant shared, “Thank you so much for teaching me

so much about [a] healthier lifestyle and eating healthy. I’ve learned how to be active and teach my son so much. We have cut out sugars. I enjoyed every bit of this class and it benefited me so much. I’ve lost weight and been able to regulate my sugar.” Another participant shared, “Thank you for all the healthy helpful tips you have given me for myself as well for the tactics I need in order to sustain a healthy lifestyle for my children and my mental and physical well-being.”

EFNEP was able to help motivate and encourage these women to make lifelong sustainable changes to impact not only their lives but as well as their family’s lives. EFNEP will continue to partner with this program in the future to continue to help make healthy, lifelong impacts in the lives of the women in this program.



www.ncefnepp.org

