



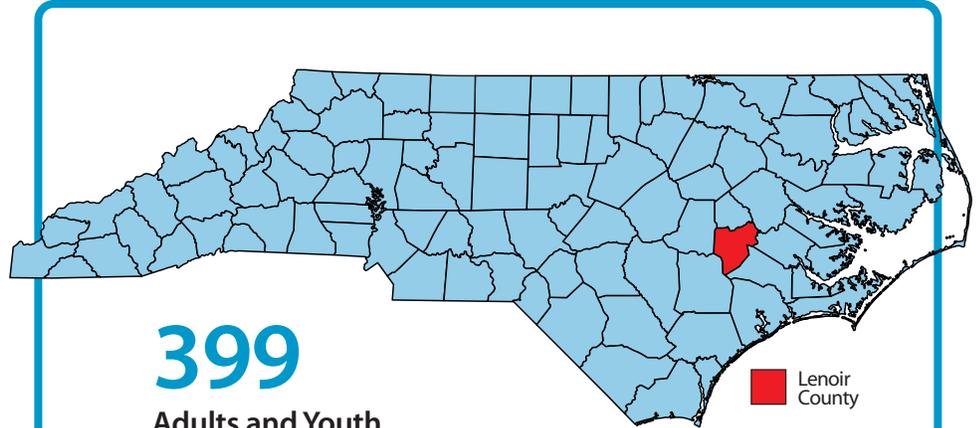
# Lenoir County

## 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:

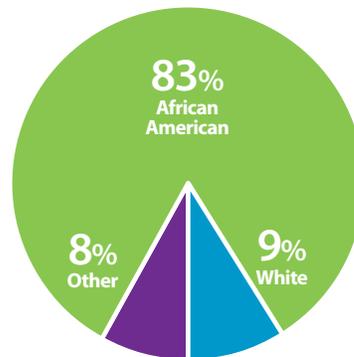
- Peer-to-peer, hands on education in the community
- Healthy, low-cost recipes
- Simple strategies to help families move more together



**399**

Adults and Youth participated in EFNEP.

Lenoir County



### EFNEP Provides Opportunities



**47** volunteers committed  
**790** hours



**\$25,135**  
estimated value of volunteer time

## EFNEP Makes a Real Difference



**100%**  
of EFNEP participants improved diet quality.



**98%**  
now practice daily physical activity.



**98%**  
practice better food resource management.



**97%**  
have improved their food safety habits.



## Promoting a Healthier Lifestyle in Lenoir County

In Lenoir County, the Expanded Food and Nutrition Education Program (EFNEP) has partnered with a local drug addiction treatment center to improve the health of participants and their families. The EFNEP Educator’s presence has significantly impacted the participants, who attend her classes regularly and appreciate her patience and compassion. **As a result of EFNEP, participants have adopted healthier eating habits, consumed more water, and reduced their sodium and sugar intake.**

The positive impact of EFNEP caught the attention of the company’s CEO, who visited one of the classes and expressed interest in expanding its reach to benefit a larger population. Discussions are underway to explore how EFNEP can extend its services and promote healthier lifestyles in the community.



## The Power of Breakfast

Breakfast is often referred to as the most important meal of the day. Eating breakfast provides the necessary energy to kickstart our day and awaken our brain, leading to clearer thinking and better daily decision-making.

In a local school, the EFNEP Educator from the NC Cooperative Extension in Lenoir County conducted a lesson on Making Smart Breakfast Choices. The participants learned about the importance of breakfast, discussed ways to incorporate it into their diets, and explored healthy breakfast options. **After implementing breakfast into their daily routine, the participants expressed feeling better and having increased energy to tackle the day’s tasks.**

The teacher also noticed a significant change in the participants since they started eating breakfast. They displayed more energy in class, actively engaging and participating. The success of the lesson and the positive feedback from the participants demonstrate the importance of breakfast and the positive impact it can have on overall health and well-being.