



Macon 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

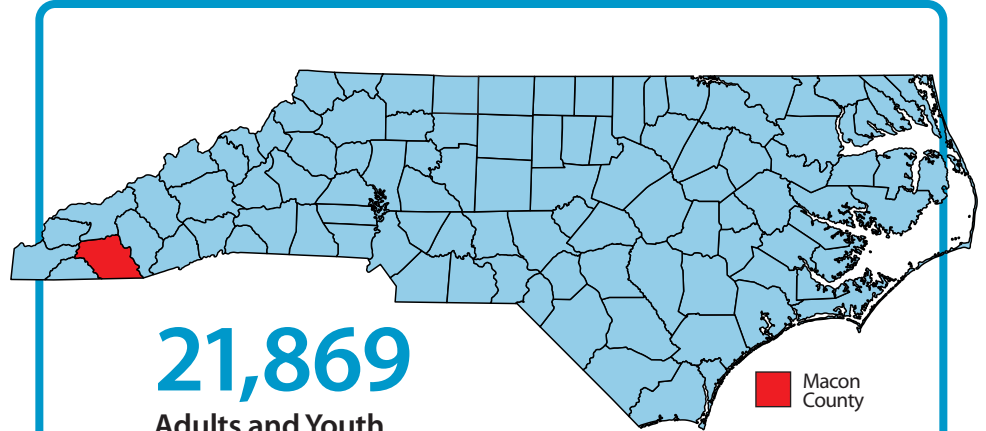


\$402,156
estimated value of volunteer time

North Carolina EFNEP programs obtained over

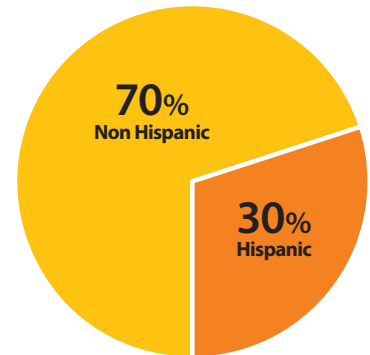
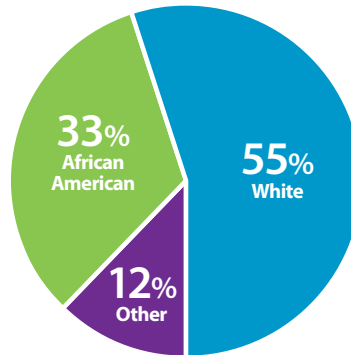
\$116,152

in funding and support from local efforts.



21,869

Adults and Youth participated in EFNEP.



EFNEP Makes a Real Difference



98%

of EFNEP participants improved diet quality.



80%

now practice daily physical activity.



95%

practice better food resource management.



85%

have improved their food safety habits.



From “Never” to New Adventures

A young child announced loudly and proudly, “Never!” during a recent Macon County Expanded Food and Nutrition Education Program (EFNEP) session of Camp, Cook, Play. His response was to a question asking how often he eats vegetables.

The EFNEP educator taught fun and informative lessons, providing the children with hands-on experiential learning. The participants could practice cutting fruits and vegetables with safe plastic lettuce knives. They made fruit kabobs and were offered a variety of fresh vegetables. This child was initially hesitant, but once he saw his peers trying new foods, he decided to try them too.

Surprisingly, he found several fresh fruits and vegetables that he loved. **His mom later provided feedback that her three children, who had all attended the Camp, Cook, Play summer camp, were eating more vegetables, “even raw ones!”** She was so thankful that EFNEP had allowed her children to distinguish between healthy and less healthy foods. She reported that family life was much less stressful now that there were fewer arguments about dinner.



Hand Washing Success

Children gathered in the Macon County Cooperative Extension kitchen for a series of Expanded Food and Nutrition Education Program (EFNEP) classes. Excitement filled the air as they prepared to dive into the world of cooking. However, there was one aspect of their kitchen adventures that they didn’t take as seriously as they should have — handwashing.

In their eagerness to get started, the kids often neglected the importance of properly washing their hands. This was a cause for concern because it put them at risk of getting sick from contaminated hands while working with food.

Recognizing the situation’s seriousness, the educator dedicated some extra time to a food safety lesson. During this lesson, the children learned the potential dangers of not washing their hands effectively. They discovered that simply rinsing their hands with water was not enough to eliminate harmful germs.

The impact of this newfound knowledge extended beyond the classroom. One day, a mom came to pick up her child, eager to taste what they had cooked. The child stopped her mother and said, “Mom, your hands aren’t clean!” She was truly excited to see how adamant her child was about handwashing and was thankful to the EFNEP educator for teaching her about both healthy nutrition and food safety.