



**McDowell 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**



**19** volunteers committed  
**458** hours

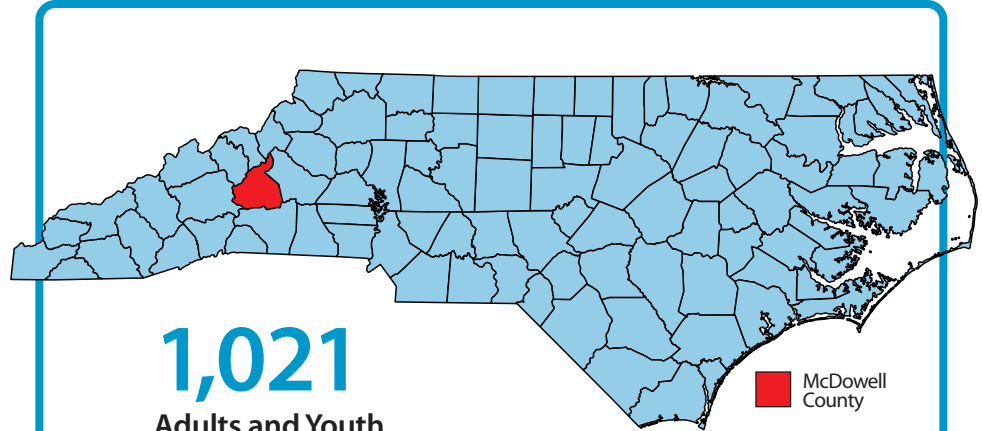


**\$14,552**  
estimated value of volunteer time

McDowell County EFNEP programs obtained over

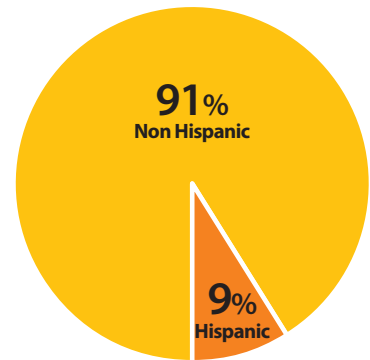
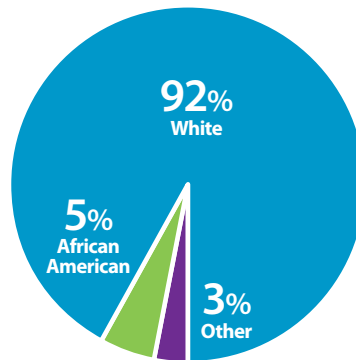
**\$1,306**

in funding and support from local efforts.



**1,021**

Adults and Youth participated in EFNEP.



**EFNEP Makes a Real Difference**



**93%**

of EFNEP participants improved diet quality.



**72%**

now practice daily physical activity.



**89%**

practice better food resource management.



**72%**

have improved their food safety habits.



## A Low Sodium Diet Sparks Culinary Creativity

For one McDowell County adult participant in the Expanded Food and Nutrition Education Program (EFNEP), a trip to her doctor brought many health issues to the forefront. A low-sodium diet was prescribed, leading to a journey that transformed both her meals and her family’s dynamics.

The first hurdle was the lack of taste in food when adhering to a low-sodium diet. The participant found herself struggling with creating healthy meals that were also flavorful. Faced with the need for separate meals—one for herself and another for her family—it was clear that a solution was needed.

The “Shop for Value” and “Check the Facts” lessons of the EFNEP adult curriculum taught the participants how to read food labels and demonstrated a low-sodium recipe they could taste. Inspired by the wonderful flavor of the low-sodium dish, the participant returned home with new excitement! Instead of isolating herself in a kitchen cooking separate meals, she prepared a dish that her entire family loved. A single meal brought her family together around the table.

**The participant ended up on a lower dosage of medicines — a tangible result of the dietary changes she had made.** Meals became a way to better health and shared moments with her family. Through EFNEP lessons that encourage experimentation in the kitchen, and the fun of shared cooking, a low-sodium diet became not a limitation but an opportunity.



## Empowering Change

For one dedicated McDowell County teacher, a knee injury became an obstacle to her usual exercise regimen, leading to some extra weight gain and a newfound determination to make a positive change. As she listened to the Expanded Food and Nutrition Education Program (EFNEP) lessons being taught to her class, she felt motivated to make meaningful changes to her diet.

With this knowledge, she began a journey to make wiser food choices. Also recognizing the importance of hydration, she began to embrace drinking more water—a small step with significant implications for her well-being.

The results were remarkable. Her commitment to healthier eating and mindful hydration led to weight loss in just a month. **She shared her transformation with the EFNEP educator, “Since hearing you talk to the kids about how food affects our bodies, it made me aware of what food I was putting into mine, and that I needed that to change.”**

All this illustrates how education, combined with personal resolve, can empower changes in behavior and mindset. This teacher’s journey is

a testament to the profound

impact of EFNEP lessons on participants and even those who casually overhear the instruction.



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

