



Onslow 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



25 volunteers committed
187 hours

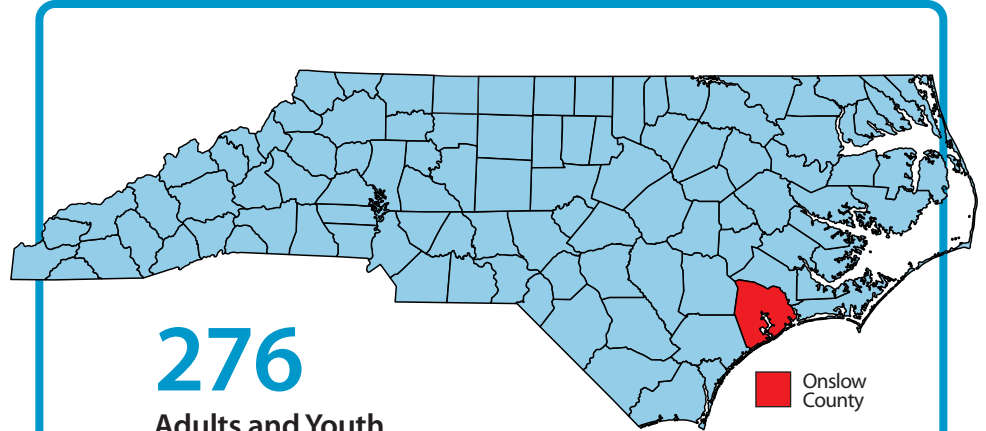


\$5,953
estimated value of volunteer time

Onslow County EFNEP programs obtained over

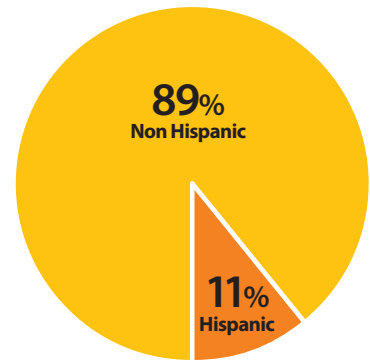
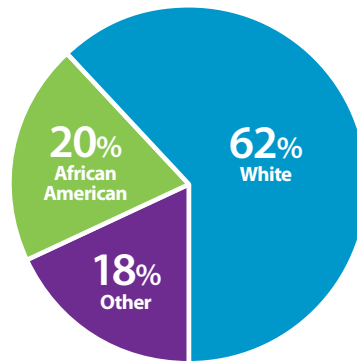
\$250

in funding and support from local efforts.



276

Adults and Youth participated in EFNEP.



EFNEP Makes a Real Difference



66%

of EFNEP participants improved diet quality.



32%

now practice daily physical activity.



50%

practice better food resource management.



45%

have improved their food safety habits.



EFNEP and Salvation Army Team Up to Provide Resources to Combat Food Insecurity

The EFNEP educator in Onslow County has established a productive partnership with the Salvation Army of Jacksonville. The educator noticed that although the Salvation Army Food Distribution Center effectively addressed food insecurity by distributing food boxes to families, education was still needed. As a result, she started a series of classes at the Food Distribution Center, where participants learned how to make the most of the available resources.

During the classes, participants shared that they wanted new ideas for using the ingredients they had at hand and how to stretch their food. Each class involved a hands-on cooking activity, demonstration, or tasting. The program also emphasized food safety, which many participants lacked knowledge of. Most had never used a thermometer to check if meats were cooked to a safe temperature, and some were surprised to learn that thawing frozen meat on the counter or washing raw chicken could make them sick.

After the class series, **post-evaluation data showed that 100% of participants improved their food resource management practices, such as stretching their food dollars. Additionally, 64% of the participants improved their food safety practices.** One participant reported that she now thaws frozen food safely in the refrigerator. Another said that she uses a thermometer to check the temperature of meats and that she taught her daughter how to do the same.

Thanks to the ongoing efforts of the EFNEP Educator and the support of the Salvation Army, families with limited resources in Onslow County now have the knowledge and resources to prepare healthy and safe meals for themselves and their families.