



Pasquotank 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



48 volunteers committed
749 hours

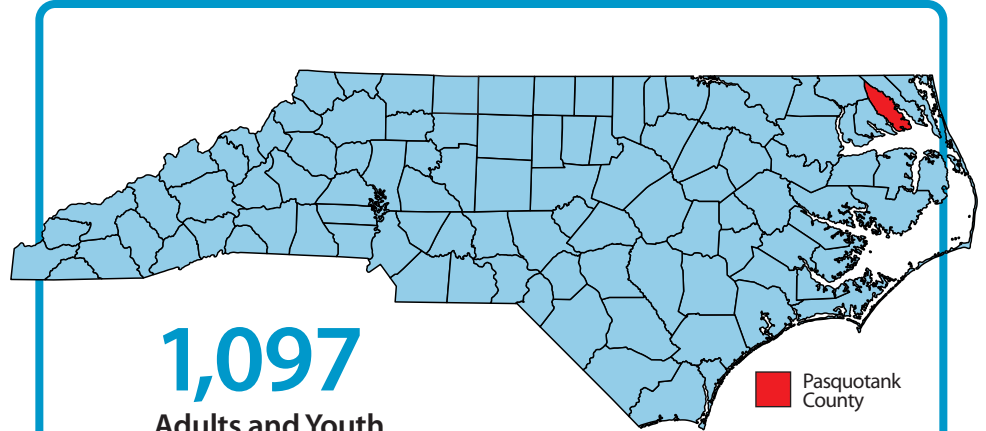


\$23,812
estimated value of volunteer time

Pasquotank County EFNEP programs obtained over

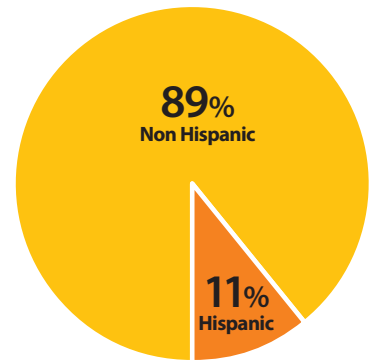
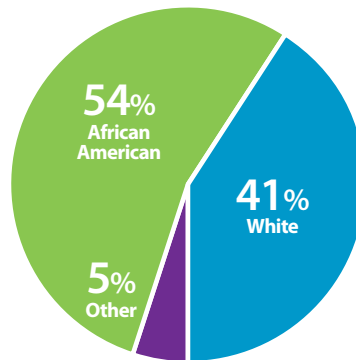
\$7,590

in funding and support from local efforts.



1,097

Adults and Youth participated in EFNEP.



EFNEP Makes a Real Difference



95%

of EFNEP participants improved diet quality.



64%

now practice daily physical activity.



93%

practice better food resource management.



70%

have improved their food safety habits.

 **From Confusion to Clarity:
The Truth About Washing Meat**

EFNEP educators represent the communities they serve and possess a natural ability to create rapport with their participants. They are skilled at choosing the most effective methods of reaching their audience. She began writing articles for the newspaper regularly with evidence-based nutrition and physical activity information.

One particularly impactful article for community members was about dispelling a long-held common belief that washing meat before cooking is needed to ensure cleanliness. The educator knew that misconceptions about washing meat are widespread and changing life-long habits can be difficult. Explaining the potential health risks of washing meat in the article was a helpful way to empower community members to make informed decisions.

After the article appeared in the newspaper, the EFNEP educator was approached in the grocery store by a community member who had read the article. **She told the educator that she didn't know that washing her chicken was unsafe. She said she had been doing this her whole life, but reading the article changed her outlook on this practice.** This reaffirms that the EFNEP educator is well-respected in her community, and her voice is amplified through channels that impact the community.



 **Food Exploration for the Win!**

EFNEP educators lead hands-on opportunities for kids to be involved with individual ingredients and healthy recipe preparation as part of the EFNEP curriculum. This is a great opportunity to help kids navigate social settings around food in a low-pressure, supportive environment. A Pasquotank County youth EFNEP educator found that allowing kids to follow their curiosity and explore food at their own pace resulted in a positive experience.

The youth EFNEP educator prepared the Beefy Skillet recipe at P.W. Moore Elementary School and asked volunteers to help. An excited 2nd grader raised her hand

and was thrilled to be part of the demonstration. She was a natural leader and role model for others in the class. **Although she had never tasted whole wheat pasta before, she was willing to try it after helping with the recipe preparation. The student gave the recipe a 10 out of 10 and said, "it was good and it was healthy."** The recipe was also a hit with the rest of the students and teachers, who gave the recipe very

high praise and compliments. Creating a fun atmosphere with new food where kids feel supported and are actively involved is a set-up for success!