



Pender 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



90 volunteers committed
541 hours

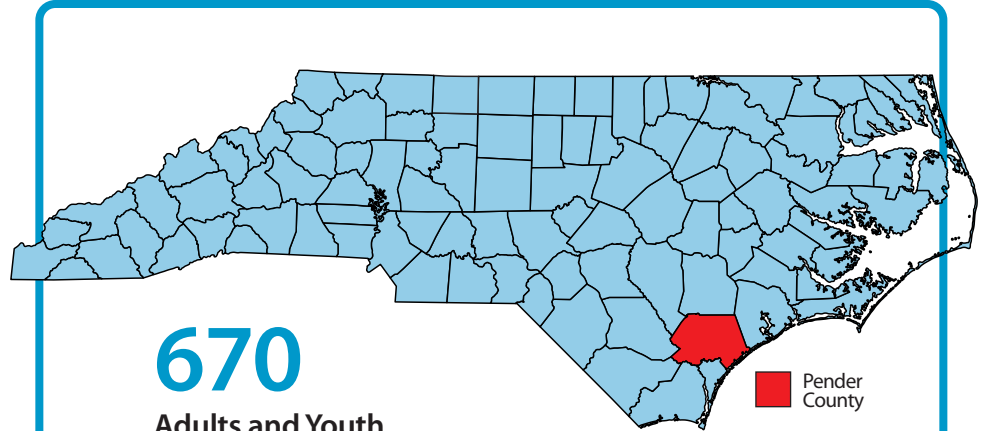


\$17,197
estimated value of volunteer time

Pender County EFNEP programs obtained over

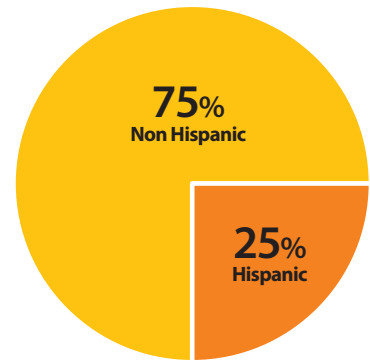
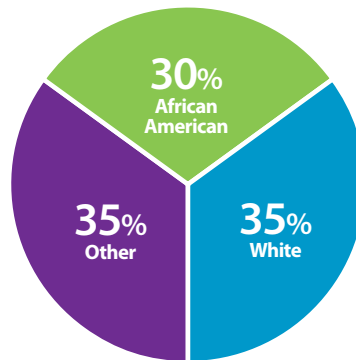
\$160

in funding and support from local efforts.



670

Adults and Youth participated in EFNEP.



EFNEP Makes a Real Difference



86%

of EFNEP participants improved diet quality.



68%

now practice daily physical activity.



66%

practice better food resource management.



67%

have improved their food safety habits.



EFNEP Encourages Healthy Eating Beyond the Classroom

The Pender County Cooperative Extension partnered with an afterschool program to conduct classes to educate youth about healthy eating. The classes were conducted by the EFNEP Educator, who taught the young participants about nutrition basics, and how to prepare healthy snacks using the Camp, Cook, Play curriculum.

During the classes, it was discovered that some participants were unfamiliar with certain foods. This sparked curiosity about different fruits and vegetables, their cultivation, and where to obtain them. Information about alternative sources for fresh produce, such as farmer’s markets, was incorporated to address this.

EFNEP is known for integrating creative hands-on learning experiences. In one activity, youth participants built a pretend food stand in their play area, engaging in role-playing scenarios of buying and selling fruits and vegetables. This showcased their growing interest and knowledge.

By the end of the series, most youth expressed their newfound preference for different fruits and vegetables at home. They even asked their parents to visit the Farmers Market. **The impact of the EFNEP classes was evident in the positive changes in the youth’s eating habits and their eagerness to explore fresh and healthy food options.** This highlights the success of the collaboration in fostering genuine interest and knowledge in healthy eating.