



Pitt 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



11 volunteers committed
291 hours

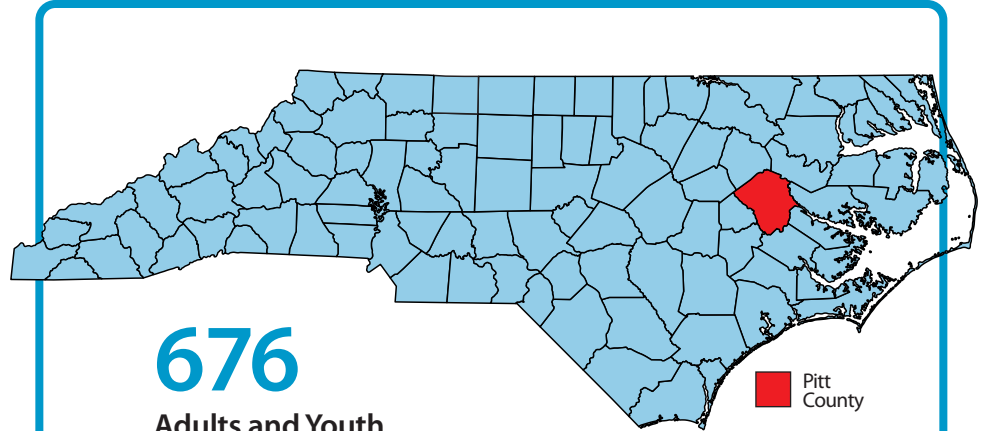


\$9,260
estimated value of volunteer time

Pitt County EFNEP programs obtained over

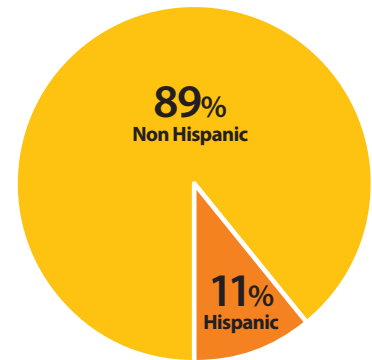
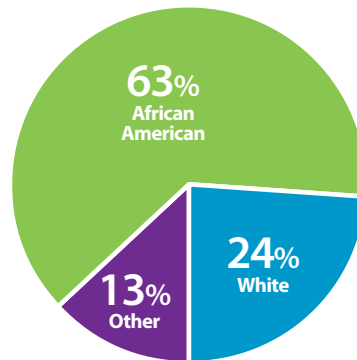
\$18,040

in funding and support from local efforts.



676

Adults and Youth participated in EFNEP.



EFNEP Makes a Real Difference



82%

of EFNEP participants improved diet quality.



68%

now practice daily physical activity.



50%

practice better food resource management.



62%

have improved their food safety habits.

 **Recipe for Change: Cultivating Creativity and Confidence**

Active engagement is an important aspect of EFNEP classes, though it can be challenging when dealing with varying interest levels and abilities within groups. In a Pitt County class, an EFNEP educator faced the difficulty of a disengaged high school student who showed resistance and distracted others during lessons.

The EFNEP educator approached the situation with a positive mindset and belief that every student has the potential to learn and be inspired, no matter their previous behavior. He saw an opportunity to provide this student with a creative outlet through culinary arts and chose to engage the student with a hands-on cooking activity. The educator believed that getting the student involved would spark their interest and ignite their passion for cooking, so he put the student in charge of cooking chicken quesadillas for their group. He asked the student to lead a demonstration on searing the quesadillas and then to share the technique with their group.

This marked a turning point for the student, who exhibited a remarkable transformation in class. The EFNEP educator saw this as an opportunity to nurture the student’s potential and boost their self-confidence, so he continued providing them with leadership opportunities. **The student reported sharing nutrition information with their family and began to cook at home using the skills they learned in class.**

The EFNEP educator’s dedication to nurturing this student’s growth and development turned a disruptive student into a confident, focused, and engaged participant in class!



 **Teaching Kids How to Fuel for Life**

The Pitt County EFNEP educator noticed that the students in his Fuel for Life High School curriculum class had limited hands-on cooking skills. They lacked knowledge of how to choose healthy foods and what ingredients were in their meals. Due to their unfamiliarity with MyPlate and Nutrition Facts labels, they were unaware they were making poor food choices.

After finishing the EFNEP series, the teacher shared that the students had used a recipe in the Fuel for Life curriculum to have a chili cook-off final project. They made healthy modifications to the recipe using MyPlate and Nutrition Facts Labels. Each group in the class successfully cooked chili from scratch, customized existing recipes, and ensured the customizations followed MyPlate guidelines. One student noted, “using ground turkey in my chili recipe helped reduce the less healthy saturated fats. Our recipe also used fresh peaches to add natural sweetness and added a serving of fruit to help complete MyPlate.” This was the same

student who previously had struggled to identify what food group fresh berries belonged to.

All the students in this class improved their knowledge or ability to choose food according to the Dietary Guidelines, and 75% had improved food safety knowledge or practices. The EFNEP educator could see changes that exceeded their expectations by being patient and flexible with the students!