



Robeson 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

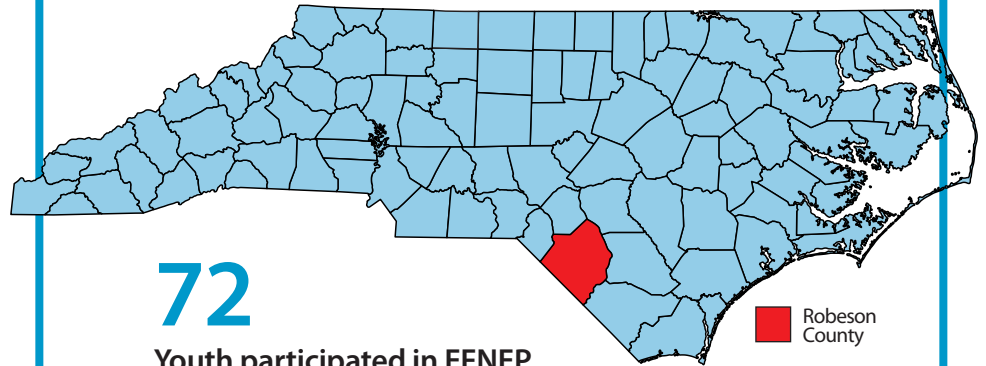
EFNEP Provides Opportunities



19 volunteers committed
42 hours



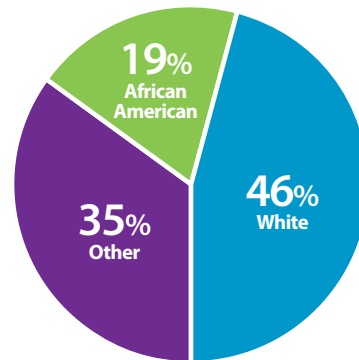
\$1,323
estimated value of volunteer time



72

Youth participated in EFNEP.

Robeson County



EFNEP Makes a Real Difference



88%
of EFNEP participants improved diet quality.



52%
now practice daily physical activity.



36%
practice better food resource management.



63%
have improved their food safety habits.



Summer Camp Success

According to America’s Health Rankings, more than 33% of school-age youth in North Carolina are overweight or obese. In response to this issue, Robeson County EFNEP partnered with the Bill Sapp Recreation Center Summer Camp to enroll summer camp attendees in EFNEP programs.

During the program, the elementary-level children were taught about MyPlate and how to make healthy food choices. They were also informed about the significance of handwashing, reading and comprehending food labels, and engaging in physical activity. For students in grades 6 to 8, EFNEP delivered Teen Cuisine, where participants were given more hands-on food demonstrations, learned about the importance of breakfast, and how to choose food with less sugar and sodium. Additionally, skill builders were provided to participants to help them practice what they learned during their time with EFNEP.

The program had significant positive results and impacts. 88% of participants gained knowledge or improved their ability to choose foods in accordance with Federal Dietary Recommendations. Moreover, 56% of youth practiced safe food handling practices more frequently.

The program successfully promoted healthy food choices and safe food handling practices. It played a vital role in educating the youth about healthy eating habits and the importance of physical activity, which will help them lead healthier lives and reduce their overall risk of overweight/obesity.