



Rutherford 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



30 volunteers committed
187 hours

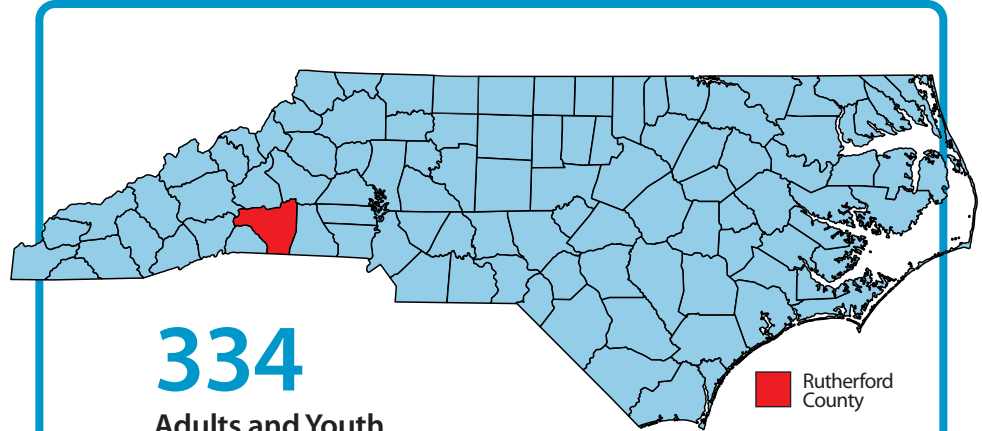


\$5,953
estimated value of volunteer time

Rutherford County EFNEP programs obtained over

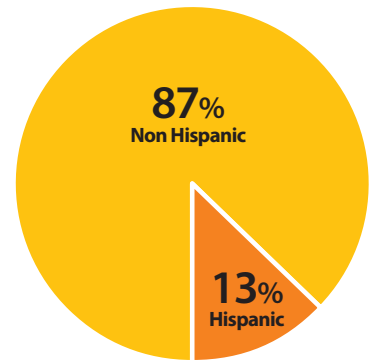
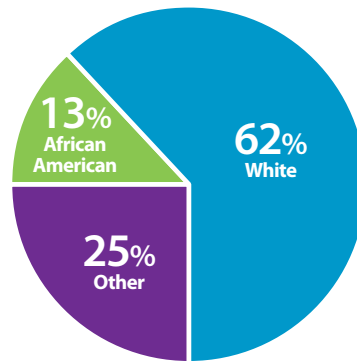
\$11,045

in funding and support from local efforts.



334

Adults and Youth participated in EFNEP.



EFNEP Makes a Real Difference



89%

of EFNEP participants improved diet quality.



60%

now practice daily physical activity.



38%

practice better food resource management.



53%

have improved their food safety habits.



EFNEP Encourages Change Toward Healthier Living

A participant from Out of the Ashes, a homeless and rehabilitation center in Rutherford County, shared that her diet consisted mainly of processed foods. Although she knew it was time for a change, she didn't know where to start until joining EFNEP's Families Eating Smart Moving More. The EFNEP educator offered valuable insights, inspiring hope for positive change. Stressing the good things about fruits and vegetables, the classes showed how eating healthy can be easy.

Key lessons, such as Choosing More Fruits and Vegetables and Shop for Value: Check the Facts, resonated with the participants. **Enthusiastic about improving her diet, she transformed her grocery shopping habits, replacing processed foods with greens and exploring options like quinoa. Positive changes extended beyond shopping as she enjoyed eating salads during lunch breaks, proudly sharing her transformation during check-ins with the EFNEP educator.** Recognizing the addictive nature of food, the participant's commitment to healthier choices showcased a profound understanding of the complex link between food and emotions. Her inspiring journey highlights how EFNEP positively guided her transition from highly processed foods to wholesome options.



Students in Rutherford County are Making Smarter Drink Choices

The Rutherford County Expanded Food and Nutrition Education Program (EFNEP) educator partnered with the Omegabytes robotics afterschool program to educate the students about healthy nutrition and physical activity. One of the students drank multiple cans of a high-sugar, high-caffeine energy drink daily, which was negatively impacting his nightly sleep and his concentration during the day. In one of the lessons, the EFNEP educator measured how much sugar was in popular beverages, including energy drinks. This activity shocked the student, who learned his energy drink contained 51g of sugar and 160mg of caffeine per serving!

A few weeks later, one of the after-school club's mentors informed the EFNEP educator that this student had made a decision to stop drinking energy drinks. She expressed that she was "very surprised he stopped drinking them! He didn't realize how much sugar and other unhealthy ingredients were in his drinks."

His realization of the hidden sugars in these beverages and his commitment to a healthier lifestyle is truly inspiring. By providing practical knowledge and facilitating experiential learning, the EFNEP educator empowered the students to make healthier choices that could positively impact their lives in the long term.



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