



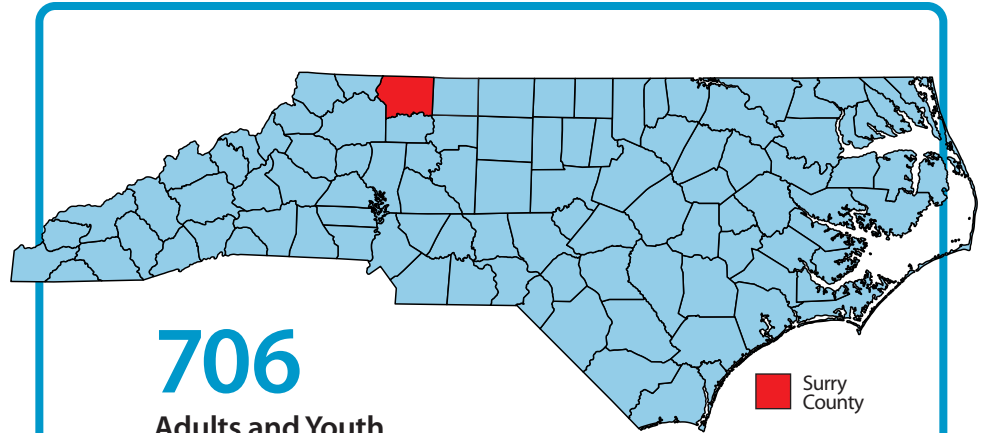
**Surry County**

**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.

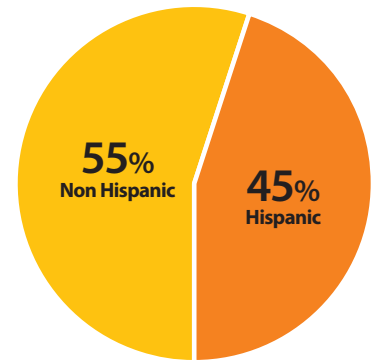
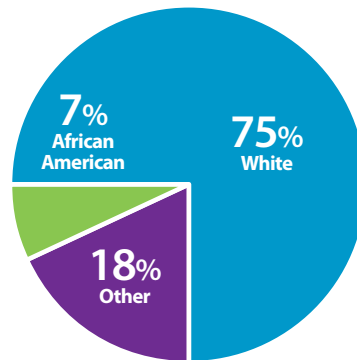
EFNEP provides:

- Peer-to-peer, hands on education in the community
- Healthy, low-cost recipes
- Simple strategies to help families move more together



**706**

Adults and Youth participated in EFNEP.



**EFNEP Provides Opportunities**



**58** volunteers committed  
**458** hours



**\$14,552**  
estimated value of volunteer time

**EFNEP Makes a Real Difference**



**98%**  
of EFNEP participants improved diet quality.



**69%**  
now practice daily physical activity.



**97%**  
practice better food resource management.



**71%**  
have improved their food safety habits.



## Growing Healthy Habits: EFNEP Motivates Students to Eat More Fruits and Vegetables

Eating fruits and vegetables is essential for children’s health and may help to reduce the risk of overweight and obesity. According to America’s Health Rankings, over 33% of school-aged youth in North Carolina are overweight or obese. EFNEP partnered with Rockford Elementary in Surry County to teach students how to make healthy food choices. During one of the lessons, the students were introduced to the concept of MyPlate and the importance of including fruits and vegetables in their diets.

The program’s results were impressive; students reported feeling motivated to try new fruits and vegetables served at school.

**By the end of the EFNEP series, 77% of students had either gained knowledge or improved their abilities to make food choices that align with the Federal Dietary Guideline recommendations.** This success highlights the effectiveness of providing targeted nutrition education to children and its positive impact on their overall health and well-being.



## Planning with a Purpose

Food insecurity continues to be a problem for many families in Surry County. According to Feeding America, 21% of children in Surry County are food insecure.

To address this issue, the EFNEP educator delivered a series of lessons from the EFNEP Families Eating Smart and Moving More curriculum to a group of migrant families.

One participant, a mother of two young children, shared the program’s positive impact on her family’s financial situation. Before joining, she faced challenges in affording enough food within her budget. She struggled, unaware of the benefits of meal planning and creating a grocery list. She learned and practiced these skills through the program,

emphasizing the ease of incorporating them into her routine. She consistently plans her meals and creates a list highlighting the significant savings achieved. She states: **“It has been amazing how much money I can save by planning my meals and taking a grocery list. Even my 7-year-old daughter knows how important this is, so she always asks before going to the store if I brought the list.”** This simple yet effective practice has enabled the family to maximize their food budget while ensuring they can still provide healthy meals for their loved ones.