



Union 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



26 volunteers committed
250 hours

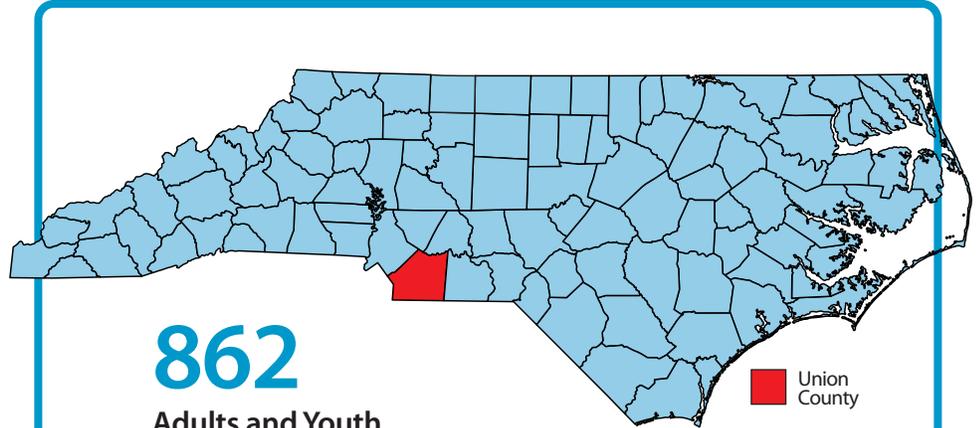


\$7,937
estimated value of volunteer time

Union County EFNEP programs obtained over

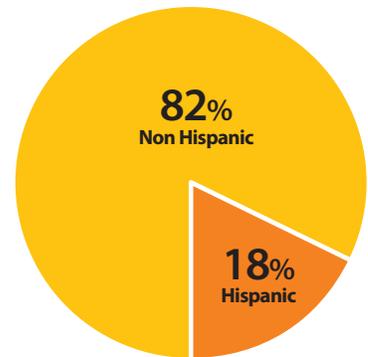
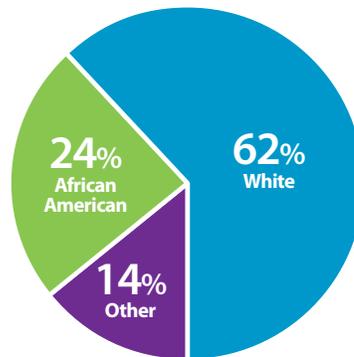
\$8,850

in funding and support from local efforts.



862

Adults and Youth participated in EFNEP.



EFNEP Makes a Real Difference



95%

of EFNEP participants improved diet quality.



53%

now practice daily physical activity.



93%

practice better food resource management.



72%

have improved their food safety habits.

  **Culinary Fusion: EFNEP’s Flavorful Journey with Spanish-Speaking Families**

EFNEP has played an essential role in addressing the unique and diverse needs of the Spanish-speaking population in Union County. The program has worked closely with Union County Public Schools to enroll Spanish-speaking families and teach them essential nutrition, cooking, and food shopping skills.

Initially, the program faced the challenge of introducing non-traditional recipes, such as the EFNEP Chicken and

Fruit Salad made with canned chicken. However, the supportive environment fostered by EFNEP, coupled with peer encouragement, led to participants not only trying but also enjoying these new dishes. The



participants were excited to share EFNEP recipes with their families and eager to experiment with new ways of cooking traditional foods.

Each class allowed participants to learn from one another and explore recipes not traditional in their culture. This exchange of ideas and experiences is invaluable and helps foster community among the participants. Additionally, by learning how to make nutritious meals at home, participants can save money on food costs, an important factor for many families.

Overall, the EFNEP program has been a great success in helping the Spanish-speaking population of Union County to lead healthier, happier lives.

  **Collaborating with Organizations with a Common Mission**

The partnership between the non-profit Common Heart and EFNEP in Union County has tremendously succeeded in empowering limited resource families and addressing food insecurity.

Early in the year, Common Heart partnered with EFNEP to offer a free nutrition education series at the Marshville food pantry. The partnership was incredibly impactful, given that Marshville had a poverty rate of 22.5% in

2020, underscoring the urgent need for programs promoting economic empowerment and food security.

Throughout the series, the EFNEP educator introduced to participants various nutritious and budget-friendly recipes, such as a versatile super-stir fry, a customizable chicken and broccoli quiche, and quick-to-make mini-meatloaves. These recipes equipped families with the skills to create flavorful meals while being mindful of their

resources. For families with limited resources, these newfound skills significantly improve their ability to provide nutritious meals for themselves and their loved ones.

With the assistance of EFNEP, clients served by Common Heart had the chance to learn new recipes and cooking techniques, enabling them to stretch their food budget and make the most of the ingredients provided by the food pantry.

The success of this collaboration serves as an example of the transformative impact achievable through community partnerships. It demonstrates how community organizations can work together to establish a sustainable and thriving community where people can access the resources and support necessary for their well-being.