



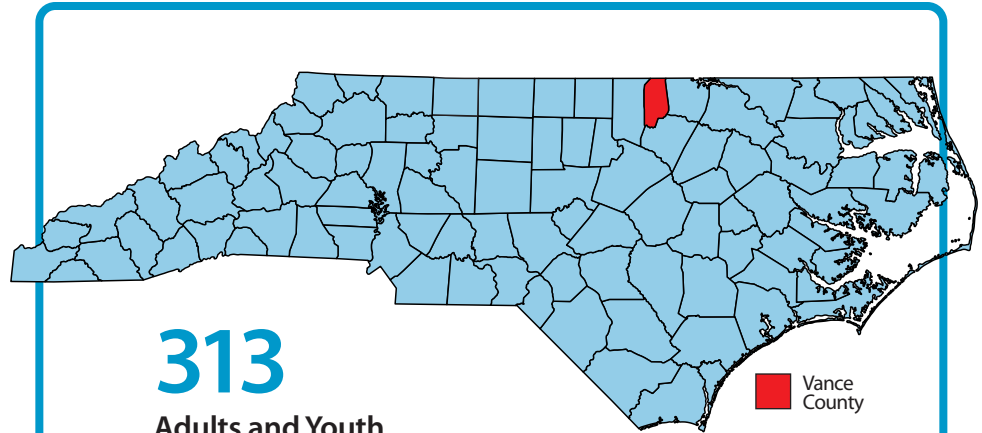
**Vance County**

**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.

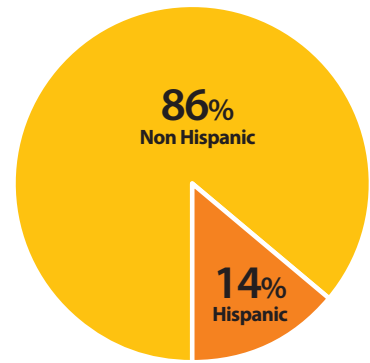
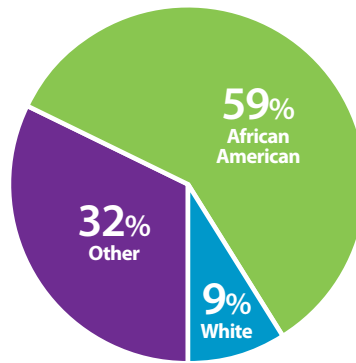
EFNEP provides:

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



**313**

Adults and Youth participated in EFNEP.



**EFNEP Provides Opportunities**



**30** volunteers committed  
**208** hours



**\$6,614**  
estimated value of volunteer time

**EFNEP Makes a Real Difference**



**95%**  
of EFNEP participants improved diet quality.



**82%**  
now practice daily physical activity.



**76%**  
practice better food resource management.



**68%**  
have improved their food safety habits.

 **Empowering Health Heroes:  
The Organ Wise Odyssey**

In a six-week summer initiative, the Vance County Cooperative Extension EFNEP enrolled fifth graders in the Organ Wise Guys curriculum. This program, designed to impart a profound understanding of being ‘smart from the inside out,’ utilizes lovable characters representing the body’s organs to make health education relatable for children.

EFNEP partnered with community entities such as Turning Point Community Development Corporation, Oasis of Hope Ministries, Creating Success after-school program, and Henderson YMCA. Collaborating under the banner of Healthier Options for People through Extension, their shared objective is to enhance the health and achievements of elementary-aged children. The Organ Wise Guys summer lessons culminated in impressive results, demonstrating significant improvements in physical activity, vegetable consumption, food exploration, screen time reduction, and overall vegetable intake frequency among the participating students. Post surveys show a:

**61% increase in the duration of physical activities**  
**39% increase in the frequency of vegetable consumption over the past week**  
**43% decrease in non-homework screen time**

By instilling healthy habits early on, EFNEP empowers children with the knowledge to make informed choices, thereby reducing their risk of developing chronic health issues.

 **Fuel for Life:  
Nourishing Futures,  
Transforming Lives**

In a groundbreaking initiative to enhance the well-being of high school students in the Granville/Vance County area, the Vance County Cooperative Extension Expanded Food and



Nutrition Education Program initiated the new “Fuel for Life” curriculum. The EFNEP educator piloted the program at JF Webb High School in Oxford, NC, to impart life skills centered around nutrition, cooking, and overall well-being.

The curriculum focuses on food preparation, from mastering cooking

techniques and safe food handling to grasping the intricacies of healthy eating and meal planning. Over six to eight weeks, the program examines nutrition, recognizing the impact that healthy choices have on the lives of teenagers. This acknowledgment is rooted in research emphasizing the importance of nutrition during the teenage years.

The effectiveness of the Fuel for Life curriculum is evident in positive changes among high school students. **Results include a 63% increase in fruit consumption, a 63% increase in the use of whole grains, and a 62% increase in regular physical activity.** The curriculum goes beyond just an educational effort; it acts as a catalyst for transforming lifestyles. Emphasizing the importance of nutrition, physical activity, and mindful choices sets the stage for a healthier and more informed future.