



Wake 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



49 volunteers committed
333 hours

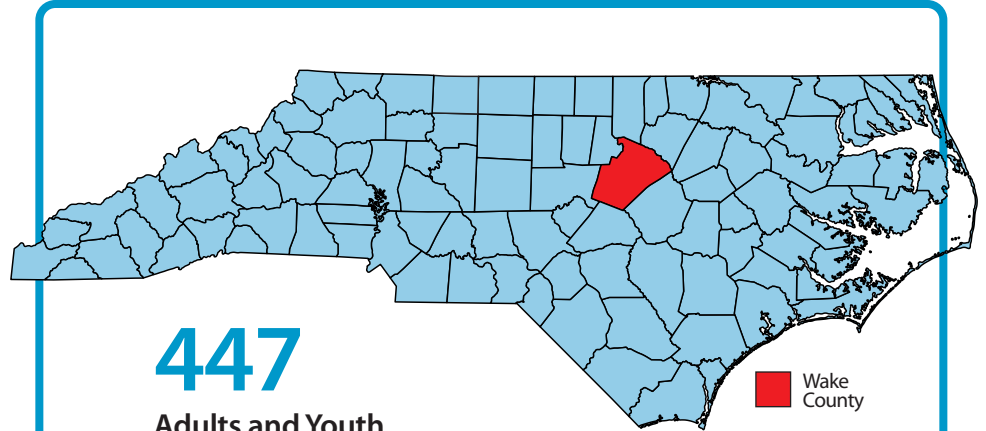


\$10,583
estimated value of volunteer time

Wake County EFNEP programs obtained over

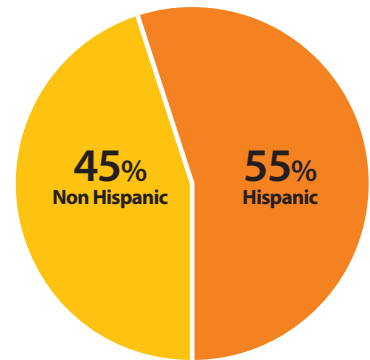
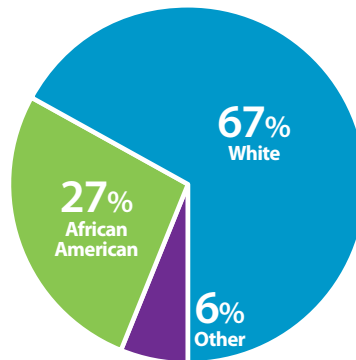
\$6,023

in funding and support from local efforts.



447

Adults and Youth participated in EFNEP.



EFNEP Makes a Real Difference



99%

of EFNEP participants improved diet quality.



86%

now practice daily physical activity.



98%

practice better food resource management.



94%

have improved their food safety habits.

 **Transforming a Picky Eater**

A participant in an EFNEP class expressed concerns to the educator about her son, who is autistic and has limited food preferences. He hardly ate anything, much less anything nutritious. The participant expressed her worry and frustration because she wanted to be sure her son was getting the nutrition he needed to grow up healthy. Recognizing the unique needs of this situation, the EFNEP educator offered her support and guidance.

Through email exchanges and in-depth discussions, the educator shared simple yet effective strategies to help introduce the child to new foods. She suggested including her son in the food preparation and allowing him to explore the textures and flavors of food. The educator suggested a fruit and vegetable smoothie.

Weeks later, the young mother reported including her son in grocery shopping, meal planning, and cooking. He has enjoyed helping choose foods he likes and even preparing them. His daily favorite is the smoothie! The once-limited list of preferred foods has expanded, allowing him to embrace more nutritious options. **The mother's sense of relief and happiness underscores the positive impact of EFNEP, empowering families to overcome challenges and foster healthier lifestyles.**

The following is from the mother's note to the educator:
 "You[re] so AWESOME! Thank you so much for taking the time to help me feed [my son]. I truly appreciate it so much!"



 **Discovering a New Definition of Fitness**

In today's busy world, staying active often means committing to a rigorous workout routine at the gym, consuming hours each week. However, one EFNEP participant's perspective on physical activity profoundly shifted after signing up for the Expanded Food and Nutrition Education Program (EFNEP) classes in Wake County.

Before the program, she believed being active required a gym membership and intense workout sessions. EFNEP, however, introduced her to a more accessible and sustainable approach to fitness. The EFNEP educator emphasized that being active could be as simple as taking her dog for a daily 30-minute walk.

With guidance from EFNEP, the participant gradually increased the duration of her daily walks and picked up the pace to elevate her heart rate. This small yet consistent change in her routine provided a sustainable and enjoyable way to stay active. Another significant change in her lifestyle came by replacing sugary beverages with water, reducing her intake of empty calories, and serving as a step towards healthier drinking habits.

The participant's success story serves as a testament to the transformative impact of EFNEP, demonstrating that a shift in perspective and small, consistent changes can pave the way for a more active and fulfilling life. Her experience inspires anyone looking to improve their health, proving that being more active and obtaining healthier outcomes sometimes begins with a simple walk with a furry friend and a mindful sip of water.