



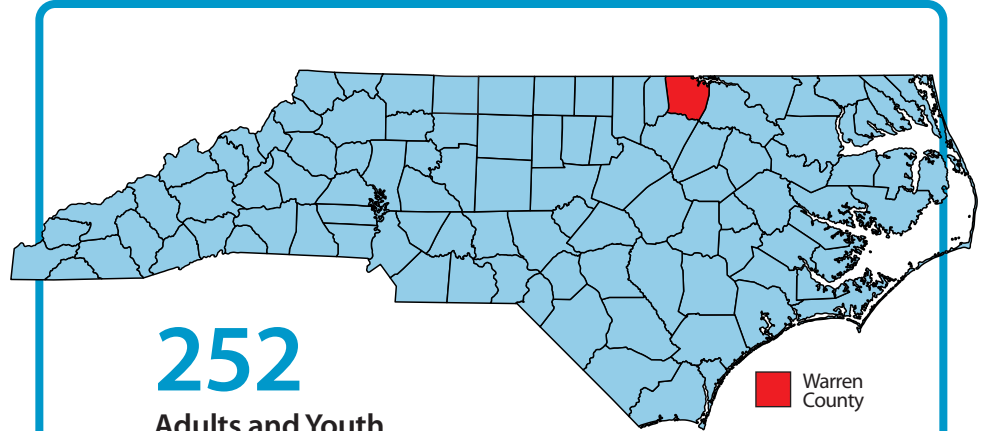
Warren County

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.

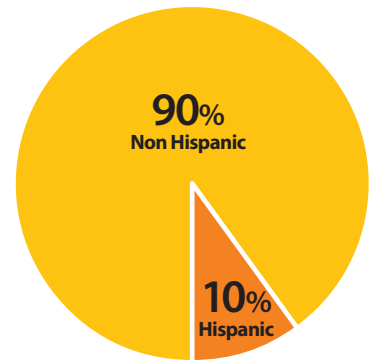
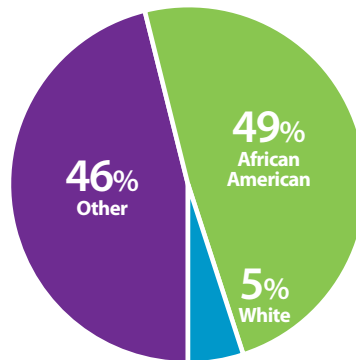
EFNEP provides:

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



252

Adults and Youth participated in EFNEP.



EFNEP Provides Opportunities



11 volunteers committed
62 hours



\$1,984
estimated value of volunteer time

EFNEP Makes a Real Difference



94%
of EFNEP participants improved diet quality.



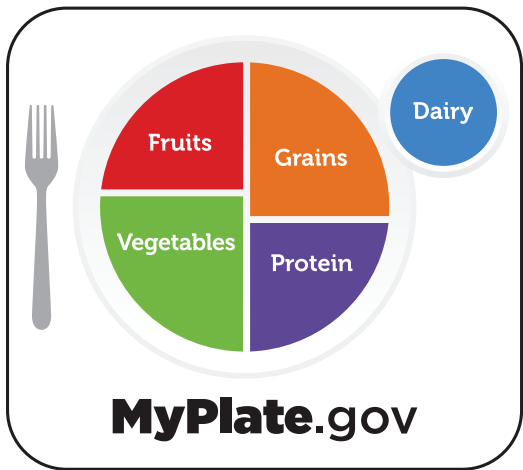
73%
now practice daily physical activity.



74%
practice better food resource management.



73%
have improved their food safety habits.



Exploring the Food Groups

The Warren County Cooperative Extension Expanded Food and Nutrition Education Program (EFNEP) has formed a robust partnership with Mariam Boyd Elementary School, transforming North Carolina’s youth. Through a six-week collaboration with fifth-grade students and integrating the Exploring the Food Groups curriculum, the program, in conjunction with Mariam Boyd’s Health & Physical Education department and science teachers, instills the fundamental principles of MyPlate to cultivate healthy habits from an early age.

At the core of this educational initiative is recognizing the pivotal role played by early years in shaping lifelong habits. Recognizing the significance of fostering healthy choices for the state’s youth, the program extends beyond the classroom, empowering a future generation with the knowledge to make informed nutrition and physical activity decisions.

Post-survey results reveal that 63% of students reduced their consumption of sugary beverages, 54% increased their consumption of fruits and vegetables, and 50% boosted the duration of physical activities.

This collaborative effort transcends traditional education, promoting a holistic approach that resonates within families and communities, ultimately contributing to a healthier and more vibrant future for North Carolina’s youth.



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