



Wayne 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



66 volunteers committed
416 hours

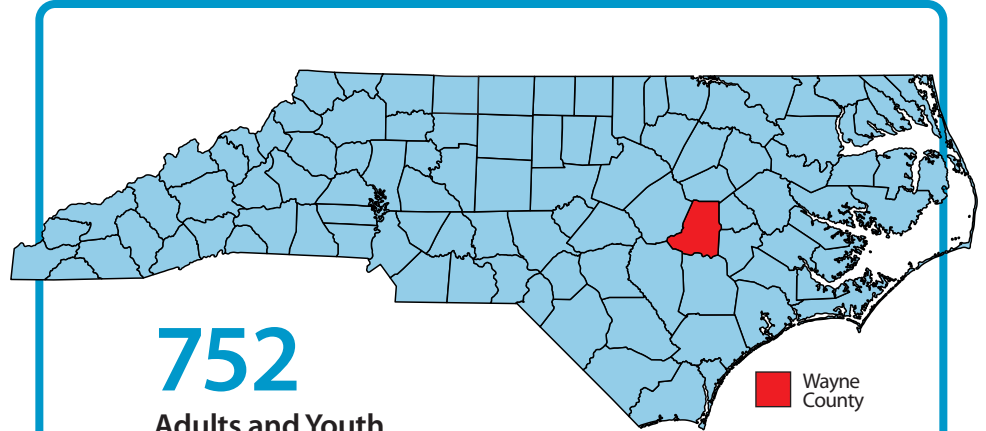


\$13,229
estimated value of volunteer time

Wayne County EFNEP programs obtained over

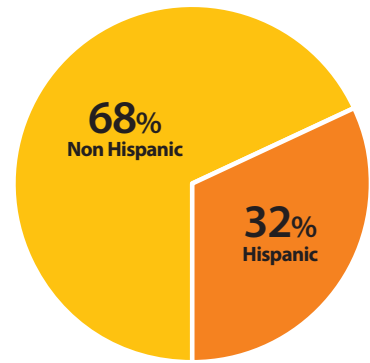
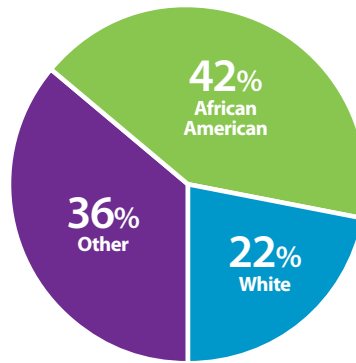
\$925

in funding and support from local efforts.



752

Adults and Youth participated in EFNEP.



EFNEP Makes a Real Difference



92%
of EFNEP participants improved diet quality.



65%
now practice daily physical activity.



71%
have improved their food safety habits.



Overcoming Challenges, Inspiring Healthy Habits

NC Cooperative Extension’s EFNEP educator wanted to pilot EFNEP’s Fuel for Life program at a local high school. At first, the EFNEP educator felt apprehensive about working with high school students, but fortunately, an English teacher offered her class as a testing ground for the program. The class consisted of 12th graders who were preparing for college. The program aimed to teach them easy, fast, healthy recipes suitable for dorm living.

The success of the Fuel for Life program inspired the teacher to lead a nutrition class in the fall, with plans for another in the spring. The students who participated in the program frequently used the recipes they learned. The English teacher received an award for her contributions to EFNEP, and the success story even made it to the local paper and featured on the Wayne County Facebook site.

The program’s results were impressive, with 83% of students adopting and practicing one or more food selection behaviors consistent with Federal Dietary Guideline recommendations.