



Alamance 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



6 volunteers committed
156 hours

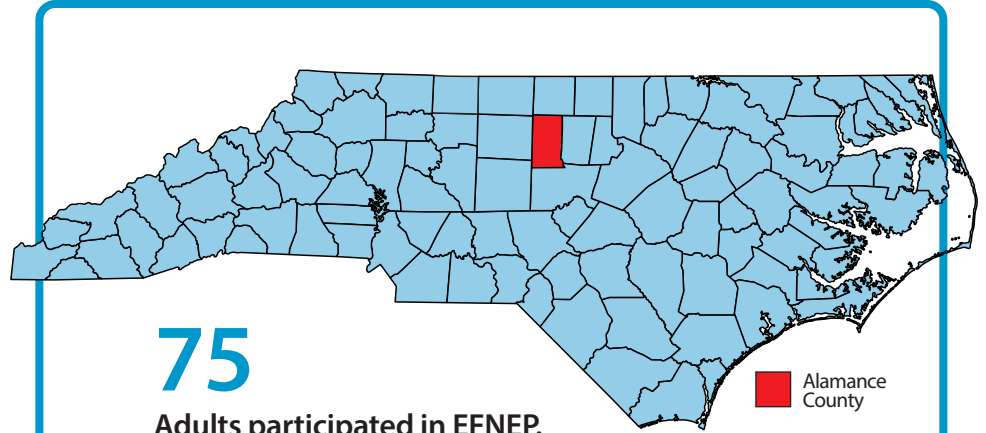


\$5,224
estimated value of volunteer time

Alamance County EFNEP programs obtained over

\$1,460

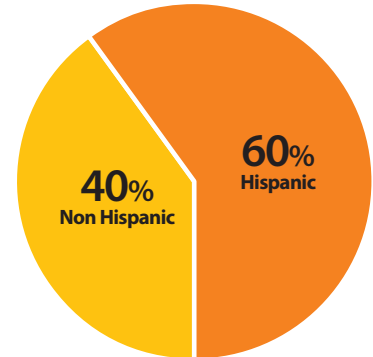
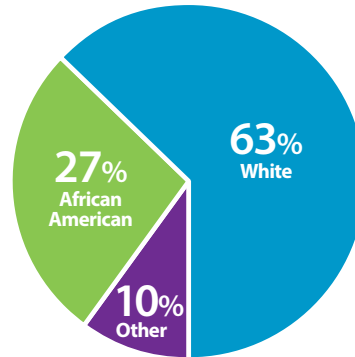
in funding and support from local efforts.



75

Adults participated in EFNEP.

Alamance County



EFNEP Makes a Real Difference



96%

of EFNEP participants improved diet quality.



68%

now practice daily physical activity.



91%

practice better food resource management.



85%

have improved their food safety habits.



Stretching Food Dollars: EFNEP’s Impact on Families in Alamance County

The rise in grocery prices has put significant pressure on families, especially those on tight budgets. EFNEP helps educate these families on maximizing their food dollars. In a session titled “Plan: Know What’s for Dinner,” participants learned effective grocery shopping strategies, such as creating specific shopping lists and utilizing “MANAGER SPECIAL” stickers for discounted items.

One participant, who used to spend over \$200 weekly on groceries, applied these strategies and reduced her costs to \$80-\$120 per week. This savings alleviated financial strain, allowing her to address other family needs. This success story underscores the importance of the EFNEP program in helping Alamance County residents make informed choices and enhance their lives.

