



Anson 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



27 volunteers committed
146 hours

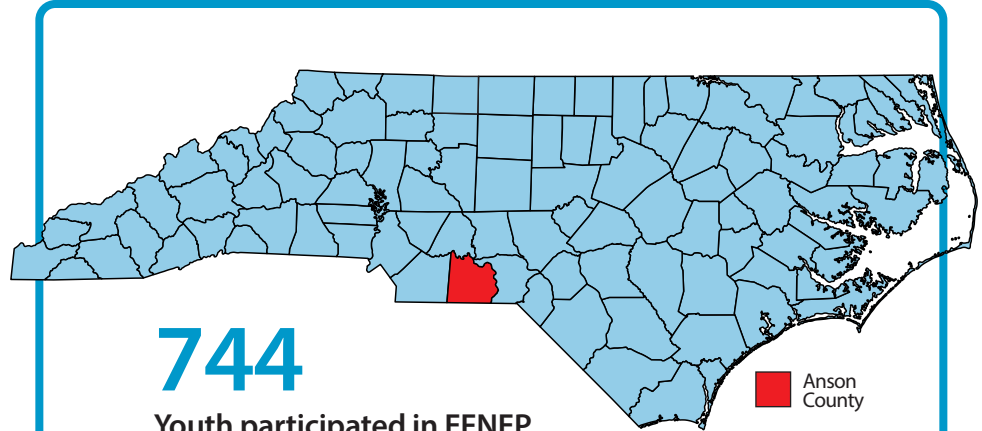


\$4,876
estimated value of volunteer time

Anson County EFNEP programs obtained over

\$1,100

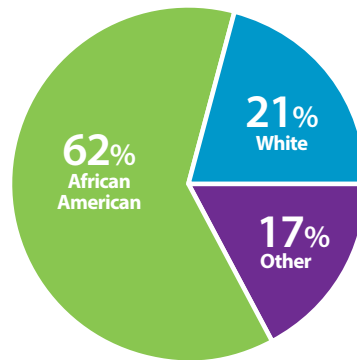
in funding and support from local efforts.



744

Youth participated in EFNEP.

Anson County



EFNEP Makes a Real Difference



95%

of EFNEP participants improved diet quality.



83%

now practice daily physical activity.



97%

practice better food resource management.



84%

have improved their food safety habits.



EFNEP Makes the Difference in Anson County Schools

The Anson County Expanded Food and Nutrition Education Program (EFNEP) educator partnered with a local elementary school to teach a series of EFNEP lessons.

The educator discovered that many of the students didn't eat the school breakfasts and rarely had lunch. Some students would go all day without much to eat. This could lead to unhealthy snacking when they returned home after school.

Upon hearing this, the EFNEP educator immediately began to rethink her approach to planning the breakfast and snack lessons to include a food demonstration, especially since her classroom time was limited. She decided to show the students how to make a fruit smoothie during class. Some of the students made comments about what the smoothie looked like in the blender. The educator then asked if they would be willing to give it a try. Most students said they agreed, though a few remained a bit skeptical. After the EFNEP educator blended the smoothie and let the students taste it, several exclaimed, "This smoothie is bussin!" Bussin is a slang term that means very good, amazing, or fantastic. With the leftover fruit and yogurt, she quickly showed them how to make a parfait. She emphasized that both of these recipes were easy to prepare, healthy, tasted good, and could be enjoyed for breakfast or as a snack.

When the educator returned to class the following week, one of the students shared that she had made the smoothie recipe at home after school and it was "bussin!"

Stepping Up with EFNEP

EFNEP collaborated with a local childcare center in Anson County to provide nutrition education to the students. The program aimed to teach them about the significance of physical activity, healthy eating habits, and safe food practices.

During the program, the EFNEP educator showcased ways to stay active at home and school. She incorporated enjoyable physical activities into each lesson. Both students and teachers appreciated how they felt after being active. **They are now tracking their steps and ensuring they meet the recommended daily physical activity, which they weren't doing before EFNEP.**

Overall, the students expressed great appreciation for the classes, and the educator's teaching style made learning about food, nutrition, and physical activity a fun experience for everyone involved.