



Ashe 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



45 volunteers committed
229 hours

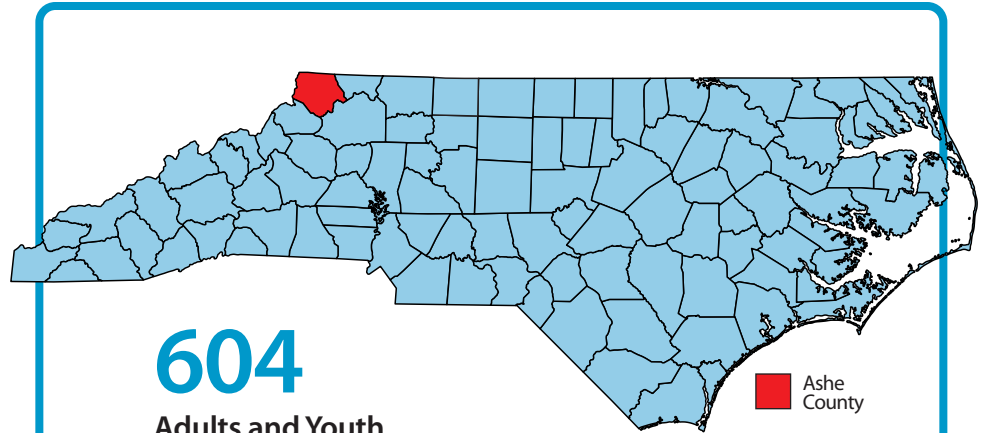


\$7,663
estimated value of volunteer time

Ashe County EFNEP programs obtained over

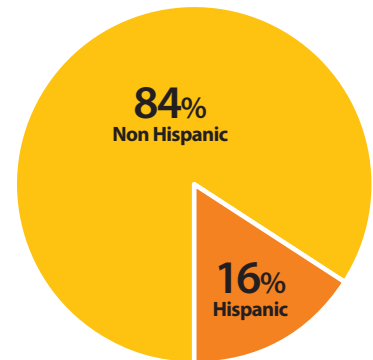
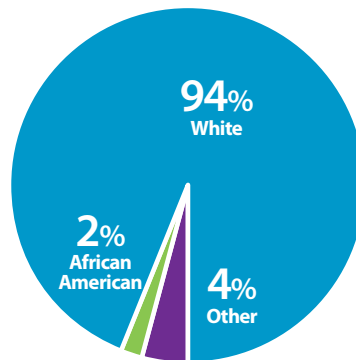
\$24,149

in funding and support from local efforts.



604

Adults and Youth participated in EFNEP.



EFNEP Makes a Real Difference



84%

of EFNEP participants improved diet quality.



51%

now practice daily physical activity.



47%

practice better food resource management.



64%

have improved their food safety habits.



EFNEP Program Shapes Lifelong Health

The partnership between NC Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) and Ashe County Schools has fostered healthy habits among young students. A notable instance occurred when an EFNEP Educator met a former student



at a local dentist's office. Reflecting on her journey, she recalled her engaging experiences with EFNEP from 1st to 6th grade.

During these formative years, the educator conducted interactive lessons on nutrition, complemented by healthy snacks that the students enjoyed.

As the former participant transitioned into her professional life, the lessons from EFNEP remained with her, directly influencing her ability to make informed choices. This strong foundation enhanced her physical health and productivity as an adult.

Her story underscores the lasting impact of early nutrition education. **It illustrates how programs like EFNEP empower individuals to lead healthy and successful lives, ultimately benefiting the community.**



Exploring Healthy Choices

Ashe County's EFNEP program impacts over 700 students each year by promoting healthy eating habits and encouraging the exploration of nutritious foods in line with USDA Dietary Guidelines. One



key challenge it addresses is engaging youth to try new flavors. Through interactive programming, students are introduced to healthy snacks across various food groups, following the USDA MyPlate food guide. Snacks serve as practical examples of essential nutrients in their diets.

Students prepare smoothies with unique ingredients, flavorful bean dips, and healthier trail mixes with less sugar. They learn to plan balanced meals that include all five food groups, empowering them to make informed nutrition decisions.

Feedback has been overwhelmingly positive, with many students eager to try new recipes at home with their families. As they actively participate in meal planning and modify recipes, they gain confidence in making healthy choices. **This hands-on approach nurtures curiosity about foods and helps foster a lifelong appreciation for nutritious eating habits, improving their overall well-being.**



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