



**Avery 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**



**10** volunteers committed  
**62** hours

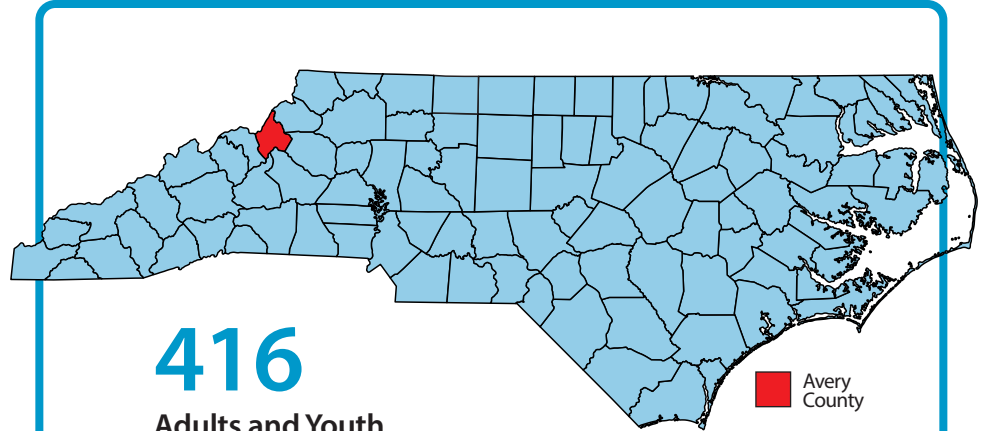


**\$2,090**  
estimated value of volunteer time

Avery County EFNEP programs obtained over

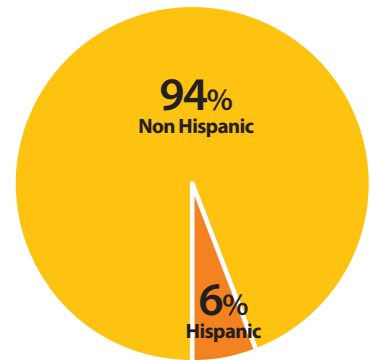
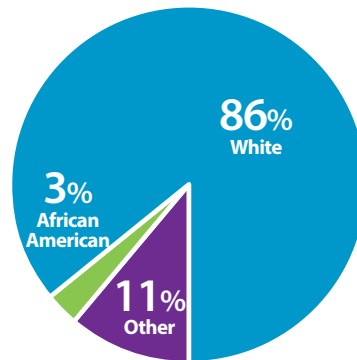
**\$14,042**

in funding and support from local efforts.



**416**

Adults and Youth participated in EFNEP.



**EFNEP Makes a Real Difference**



**100%**  
of EFNEP participants improved diet quality.



**92%**  
now practice daily physical activity.



**100%**  
practice better food resource management.



**92%**  
have improved their food safety habits.



### Promoting Hygiene through Proper Handwashing

Handwashing with soap and water is simple and cost-effective to prevent the spread of germs. Young children do not always do an excellent job at it. This can expose them to harmful bacteria leading to illness, especially before eating and after using the toilet, which are the two critical times to wash their hands.

To help combat this issue, Avery County NC Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) partnered with Avery County Schools to deliver a series of EFNEP lessons to children. During the series, hand hygiene was stressed and the children were taught a song teaching the steps to good hand washing.

After completing the series, one Kindergarten teacher stated, **"Your program has made such a huge difference with my students.... After your lessons, I could hear the children singing the handwashing song down the hall. They would take more time to ensure they were getting their hands clean..."** The EFNEP program in Avery County is helping children understand the importance of food safety and washing their hands.

### Sipping Smart

According to the Centers for Disease Control and Prevention, sugary drinks are a leading source of added sugar in the American diet. Frequently drinking sugar-sweetened beverages is associated with many diseases, such as heart disease and diabetes. Limiting sugary drink intake can help individuals maintain a healthy weight and reduce the risk of diseases associated with sugar consumption.

To help combat this issue, Avery County's Cooperative Extension Expanded Food and Nutrition Education Program (EFNEP) partnered with the Avery County Head Start Program to deliver a series of lessons to the parents of Head Start children living in the area.

After completing the series, one participant reported, **"When I started the classes, I was drinking sweet tea every day. I never thought it was bad because it was not a soda. After EFNEP came and taught us about drinks and how much sugar they can have, I was amazed at how much I was drinking. I cut my regular tea in half with unsweet tea and started drinking only one cup a day."** The EFNEP program in Avery County is helping adults and their children make healthier food and beverage choices.