



**Brunswick 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**



**72** volunteers committed  
**499** hours

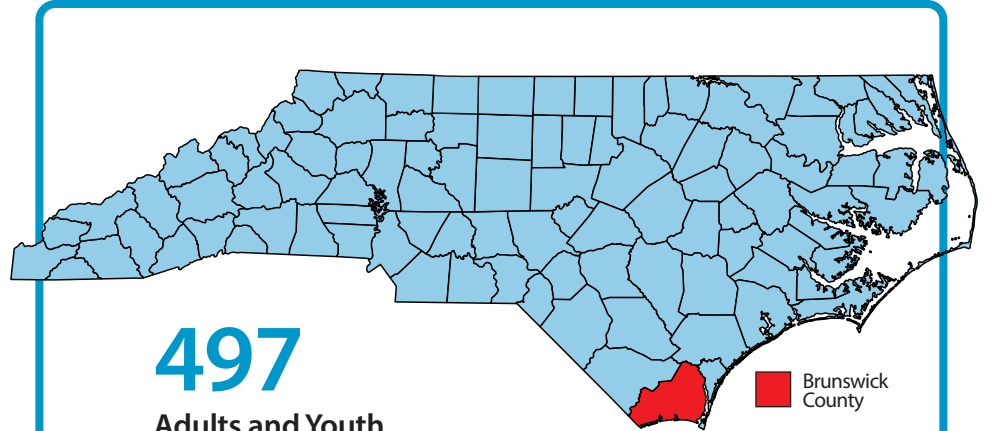


**\$16,718**  
estimated value of volunteer time

Brunswick County EFNEP programs obtained over

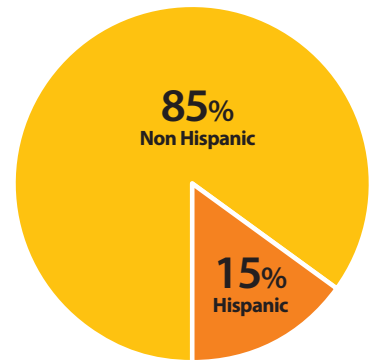
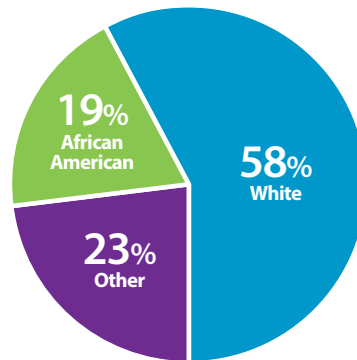
**\$22,004**

in funding and support from local efforts.



**497**

Adults and Youth participated in EFNEP.



**EFNEP Makes a Real Difference**



**79%**

of EFNEP participants improved diet quality.



**44%**

now practice daily physical activity.



**34%**

practice better food resource management.



**52%**

have improved their food safety habits.



### Beyond the Lunch Line: Building Healthy Habits

Reports show that 19.6% of children aged 5-18 in Brunswick County live in poverty, affecting their access to healthy meals. Although elementary schools provide free and reduced lunch with healthy options, many students struggle to make nutritious choices, leading to potential chronic diseases.

The EFNEP Nutrition Educator and Health and PE teacher collaborated to deliver the “Building My Body” lesson to empower Belville Elementary’s third graders. The hands-on lessons taught healthy eating, food safety, and exercise. Volunteers from Early College High School helped educate students about added sugar.



As a result, **42% of students improved their understanding of soft drinks, and 25% became more adept at reading nutrition labels.** Evaluations showed significant learning, with students now actively checking milk and drinks for sugar content. Increasing exposure to healthy living principles gives youth a better chance of reducing chronic diseases later in life.