



# Buncombe 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



**41** volunteers committed  
**229** hours

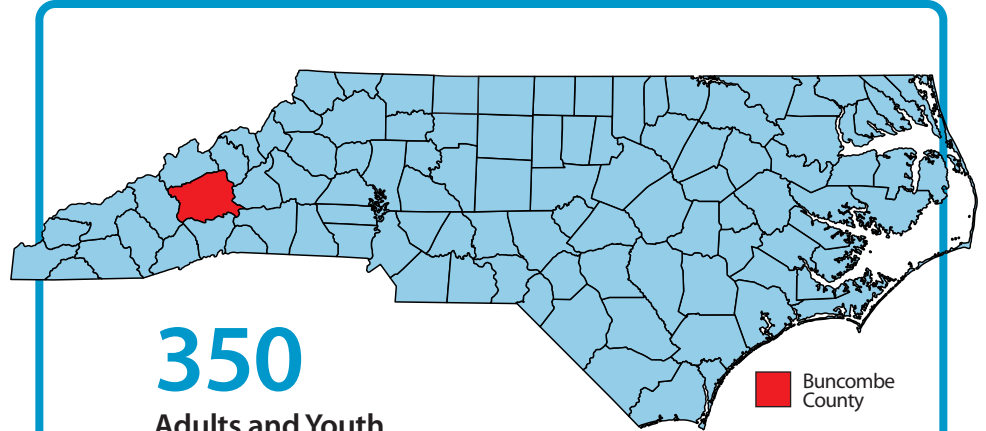


**\$7,663**  
estimated value of volunteer time

Buncombe County EFNEP programs obtained over

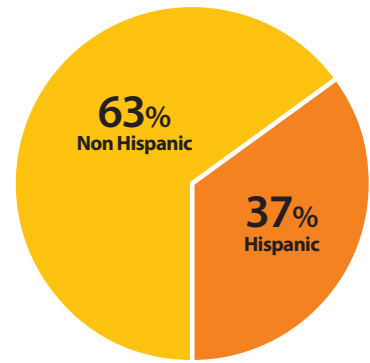
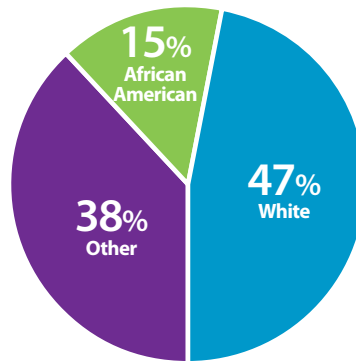
**\$19,124**

in funding and support from local efforts.



**350**

Adults and Youth participated in EFNEP.



## EFNEP Makes a Real Difference



**86%**

of EFNEP participants improved diet quality.



**59%**

now practice daily physical activity.



**49%**

practice better food resource management.



**67%**

have improved their food safety habits.



### Influencing Minds and Palates

At Buncombe Early College, the introduction of nutrition education through the EFNEP program marked a pivotal moment for students. Before the sessions began, the ninth and tenth graders were skeptical about their ability to prepare nutritious and easy-to-make meals. However, the program quickly became a source of empowerment through a tailored approach.

Led by an enthusiastic EFNEP educator, the *Fuel for Life* curriculum was adapted to accommodate large class sizes and traditional classroom settings. Recipe demonstrations replaced hands-on cooking, and tastings offered a glimpse of the culinary delights they could create. Additionally, incorporating fitness resonated well, highlighting how easily students could integrate healthy habits into their daily routines.



One student shared her experience with the Oat Balls recipe. She recounted her initial struggles and later triumphs through trial and error. Her enthusiasm was palpable as she described not only mastering the recipe but also exploring how to make her smoothies, inspired by the class.

The participant revealed how her newfound skills had already impacted her family life. **“My dad is happy to have healthier snacks, and I’m even interested in learning to bake!”** This showcases the program’s success, demonstrating how education and encouragement can motivate students to adopt healthier lifestyles and explore new culinary opportunities.



### EFNEP Is Transforming Lives

At an EFNEP site that provides care and shelter for homeless children, a new empowerment initiative has emerged for high school students on the brink of adulthood. Recognizing their need for life skills, the EFNEP educator introduced the *Fuel For Life* curriculum, designed specifically for this age group. This program not only imparts essential life skills but also builds confidence and prepares students for the challenges of independence.



One student amazed everyone by enthusiastically participating in physical activities and food preparation during class. Her excitement shone through as she provided positive feedback, expressing true enjoyment and appreciation for the experience.

The transformation was profound, leaving an impact on both her and the counselors who observed her growth. **“Thank you for this recipe. I love it!”** she exclaimed, reflecting her newfound sense of accomplishment. **The program goes beyond teaching cooking skills; it fosters engagement, self-discovery, and responsibility.** As these students anticipate future classes and completion certificates, they gain not only culinary knowledge but also valuable assets for their résumés.