



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

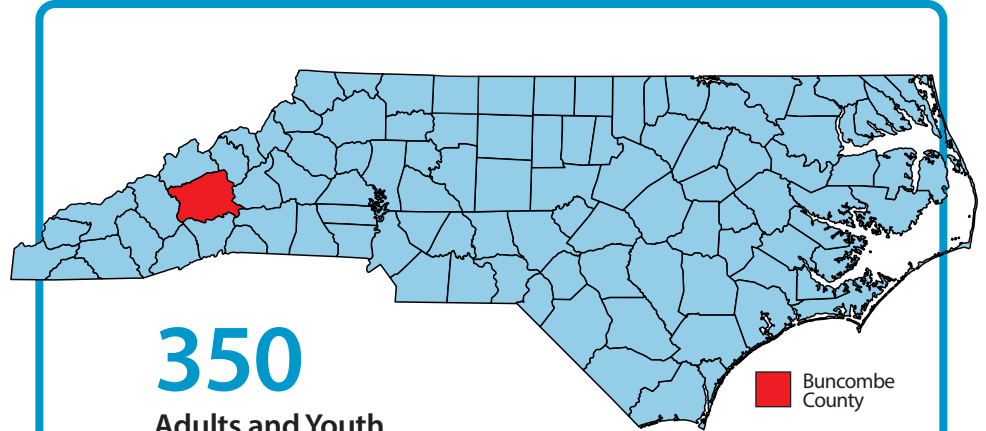


\$7,663
estimated value of volunteer time

Buncombe County EFNEP programs obtained over

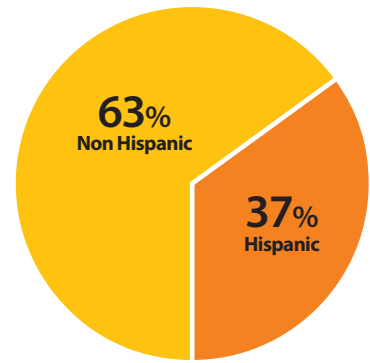
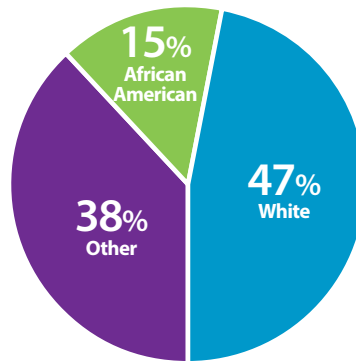
\$19,124

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.



Robeson County Combating Obesity through Nutrition Education and Play

In Robeson County, over 33% of children aged 10–17 are classified as overweight or obese, leading to initiatives promoting healthier lifestyles. The Expanded Food and Nutrition Education Program (EFNEP) has partnered with organizations to empower youth with engaging lessons on healthy food choices and physical activity.

EFNEP enrolled 734 youth participants from throughout the county. **Reports show that 86% improved diet quality and 62% increased physical activity.**

One student noted that playing frisbee brought his siblings together for exercise, enhancing family bonding. Thanks to the dedication of EFNEP educators and enthusiastic youth, Robeson County is witnessing a positive shift toward healthier living.



Promoting Active Lifestyles in McDowell County

In McDowell County, a group concerned about their sedentary lifestyles engaged with an EFNEP educator through the “Choosing to Move More Throughout the Day” lesson. After a nutritious food demonstration, they explored a nearby walking trail.

Inspired, they dedicated the last 30 minutes of their meetings to group walks instead of sitting indoors. This change brought joy and led many to include evening family walks in their routines. One participant noted, “This seems like such a no-brainer; why haven’t we taken advantage of this before now?” Their initiative highlighted how EFNEP can foster healthier habits.



Stretching Food Dollars: EFNEP’s Impact on Families in Alamance County

The rise in grocery prices has put significant pressure on families, especially those on tight budgets. EFNEP helps educate these families on maximizing their food dollars. In a session titled “Plan: Know What’s for Dinner,” participants learned effective grocery shopping strategies, such as creating specific shopping lists and utilizing “MANAGER SPECIAL” stickers for discounted items.

One participant, who used to spend over \$200 weekly on groceries, applied these strategies and reduced her costs to \$80–\$120 per week. This savings alleviated financial strain, allowing her to address other family needs. This success story underscores the importance of the EFNEP program in helping Alamance County residents make informed choices and enhance their lives.