



Cabarrus 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



46 volunteers committed
312 hours

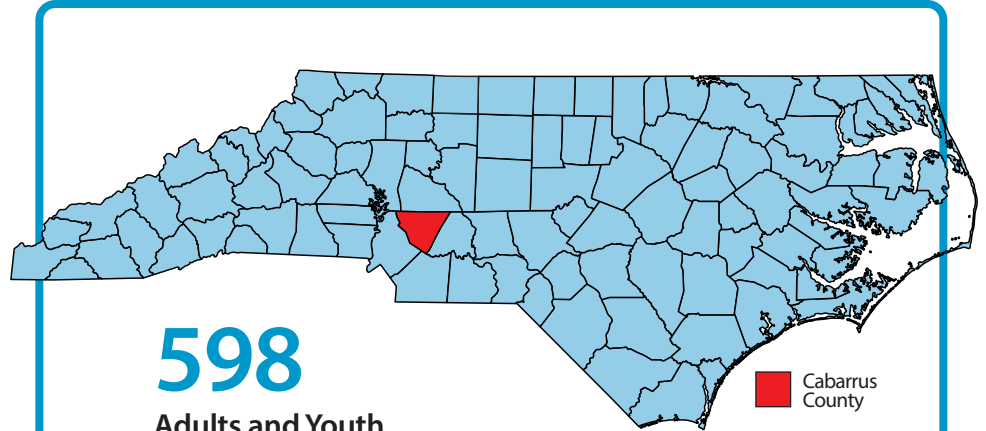


\$10,449
estimated value of volunteer time

Cabarrus County EFNEP programs obtained over

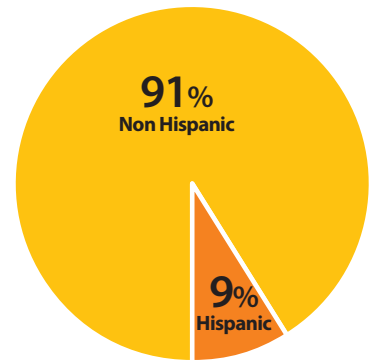
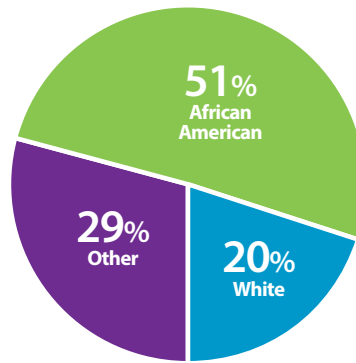
\$12,890

in funding and support from local efforts.



598

Adults and Youth participated in EFNEP.



EFNEP Makes a Real Difference



86%
of EFNEP participants improved diet quality.



45%
now practice daily physical activity.



69%
have improved their food safety habits.



EFNEP and 4-H Participate in a Healthy Food Competition

The EFNEP Educator and 4-H Agent recently collaborated in the Dinah Gore 4-H Healthy Food Challenge, promoting healthy eating and cooking among youth. After weeks of practice, a team from Cabarrus County showcased their culinary skills at the event. The educators assisted the youth in enhancing their food preparation techniques and presentation skills, supporting the program’s goal of empowering individuals with nutrition knowledge.

Participants were tasked with creating a nutritious dish using a secret ingredient and items from the competition pantry, which included local foods. They had 40 minutes to prepare

their dishes while adhering to food safety practices, crucial to EFNEP’s objectives.

The team also managed food resources efficiently, showcasing budgeting and waste minimization skills. Once prepared, they presented their creations to a

panel of judges.

Throughout the competition, the educators offered guidance and celebrated the youth’s culinary talents. Though the team did not win, their collaborative effort inspired others and promoted the values of nutrition, sustainability, and teamwork. Thus, they advanced EFNEP’s mission of fostering lifelong healthy habits.

