



Chowan & Perquimans Counties

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



68 volunteers committed
1,206 hours

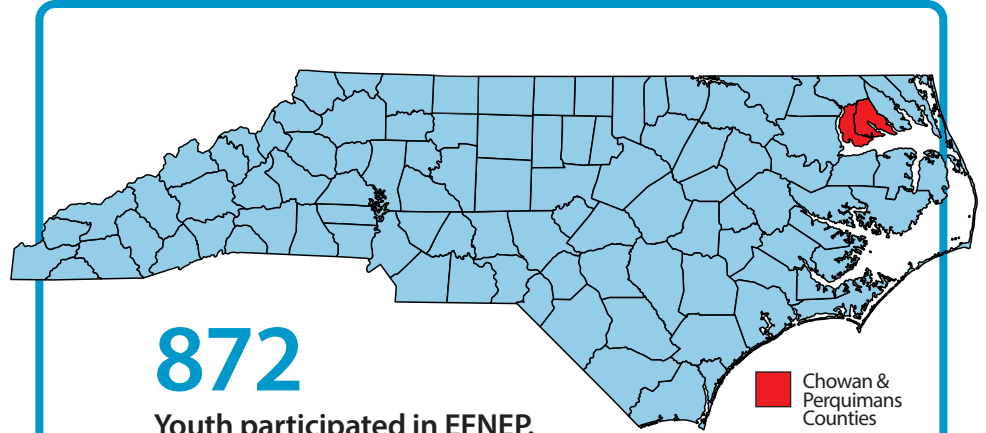


\$40,402
estimated value of volunteer time

Chowan & Perquimans County EFNEP programs obtained over

\$16,393

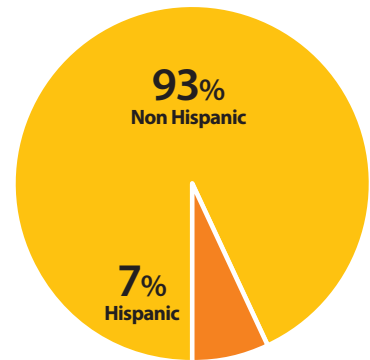
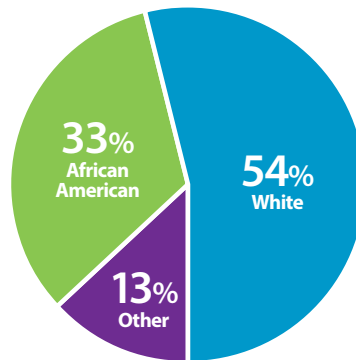
in funding and support from local efforts.



872

Youth participated in EFNEP.

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EFNEP Makes a Real Difference



95%
of EFNEP participants improved diet quality.



66%
now practice daily physical activity.



48%
practice better food resource management.



52%
have improved their food safety habits.



Growing Healthy Generations: EFNEP's Impact

EFNEP educators provide education to improve the health of nutritionally vulnerable children and families. They serve as conduits for information designed to enhance participants' knowledge, skills, and confidence in selecting and preparing healthy food. Youth audiences learn skills that will benefit them as they transition into adulthood and make independent food choices.

In Chowan County, the EFNEP educator has fostered a strong relationship with D.F. Walker Elementary School for many years. As a result, the long-term impacts of the programs at this school are significantly positive. This is likely due to the consistent messaging about core EFNEP concepts delivered each school year. Impact data from fall 2023 revealed that 96% of youth enrolled in EFNEP classes at this elementary school showed improvements in diet quality, indicating their ability to select foods that align with the current Dietary Guidelines. These outcomes have led to increased knowledge and lasting behavior changes.

The EFNEP educator has reported numerous positive conversations with youth who actively applied the lessons learned in EFNEP classes at school to their homes. One child told the EFNEP educator that they were reading food labels to make better choices about healthy snacks, saying, **"Look at the snack I brought to school today. It's a lot healthier than what I usually bring. I know this because I have been reading the food labels."** This interaction reinforced the learning taking place in class and demonstrated the impact this information has had on the entire family, especially those responsible for purchasing food for the household. The intergenerational knowledge pipeline operates both ways, with youth also teaching adults new concepts. This amplifies the impacts of EFNEP far beyond the classroom!



Label Lessons: Fueling Kids' Futures

In Perquimans County, the EFNEP educator provides evidence-based education to school-aged youth. She utilizes the Show Me Nutrition curriculum, which is designed to meet participants where they are and improve their knowledge, skills, and confidence in making healthy food choices.

When delivering EFNEP lessons at Hertford Grammar School, the EFNEP educator noticed that several kids in a 5th-grade classroom were bringing a popular brand of energy drink to school. The kids stated that they had purchased this drink because it was trendy and they wanted an energy boost. The educator discussed the ingredients in the drink and explained how they were counterproductive to the children's nutritional needs, especially as their bodies continued to grow and develop. She was

able to use this product as a real-world example to teach the kids how to read the Nutrition Facts Label. The educator shared that consuming healthy foods is the best way to nourish one's body and meet nutritional needs. This interaction greatly benefited the kids, who expressed that they understood this energy drink was not providing them with important nutrients and was not helping them grow. They agreed to use the Nutrition Facts Label to make better choices in the future.

Overall, the impacts observed at this elementary school indicated that 96% of youth improved their diet quality and were able to select foods that align with current dietary guidelines. This serves as evidence that the children are responding positively to the lessons learned in EFNEP classes and will carry these lessons into adulthood.



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