



Edgecombe 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
582 hours

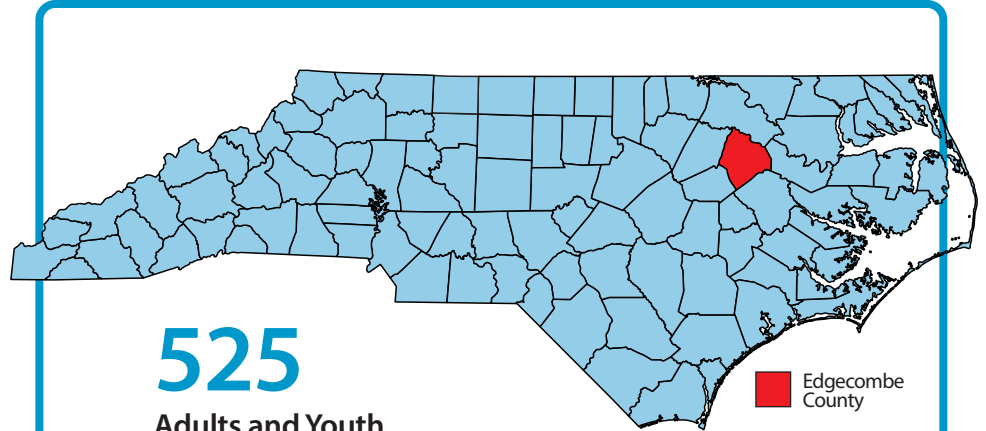


\$19,505
estimated value of volunteer time

Edgecombe County EFNEP programs obtained over

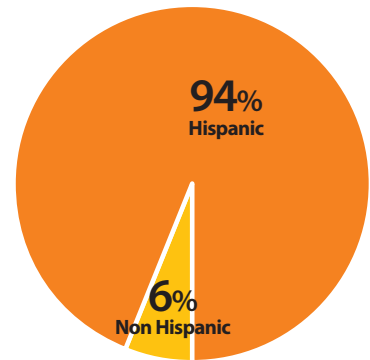
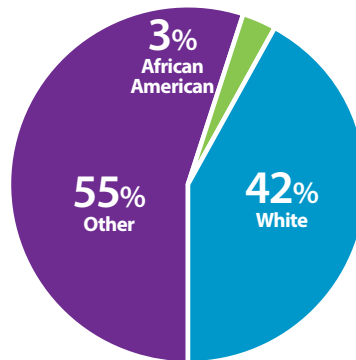
\$13,824

in funding and support from local efforts.



525

Adults and Youth participated in EFNEP.



EFNEP Makes a Real Difference



97%

of EFNEP participants improved diet quality.



74%

now practice daily physical activity.



97%

practice better food resource management.



89%

have improved their food safety habits.

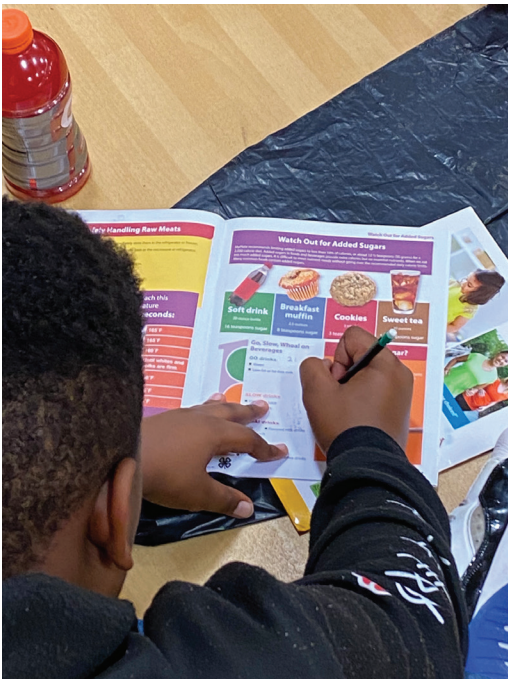


Cooking Confidence

EFNEP offers free nutrition education classes to limited-resource families throughout Edgecombe county. Using the curriculum *Families Eating Smart and Moving More*, participants are taught to safely prepare affordable and nutritious meals. One participant shared that she lacked the confidence to cook and mostly ate out or purchased prepared, highly processed foods from the store.

The EFNEP educator taught participants simple meal preparation strategies while staying within budget. Through food demonstrations, participants observed how quickly and easily a healthy meal can be prepared. The educator also shared tips on ways to save money on food.

By the end of the series, the participant who lacked cooking confidence reported she had begun to cook more at home daily. She's now willing to try recipes while learning from mistakes and can confidently approach home food preparation enthusiastically. **This has also allowed her to save money and increase the nutritional value of her diet. She is now eating healthier, checking unit prices, and has begun to physically feel healthier and more revitalized.**



EFNEP Helps a Picky Eater

The parent of a picky eater enrolled in EFNEP hoped to find a solution to increase the number of foods her son would eat. The parent shared that her son was reluctant to eat certain foods, which caused unease for the mother concerned about his nutrition. During the EFNEP classes, parents were encouraged to prepare EFNEP recipes at home and involve their children in food preparation.

The parent of the picky eater shared that she included her son in preparing the EFNEP Mini Meatloaf recipe. To her surprise, he enjoyed eating it, knowing that he helped prepare it. **Now, the son and mother cook at least one meal together every week. This has also encouraged the child to change his usual meal preferences and comfortably try new cuisine while bonding with his mom.** Throughout the series of lessons, EFNEP was able to help the parent learn new ways to engage her son in food preparation and increase his willingness to try new foods.