



Forsyth 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



10 volunteers committed
42 hours

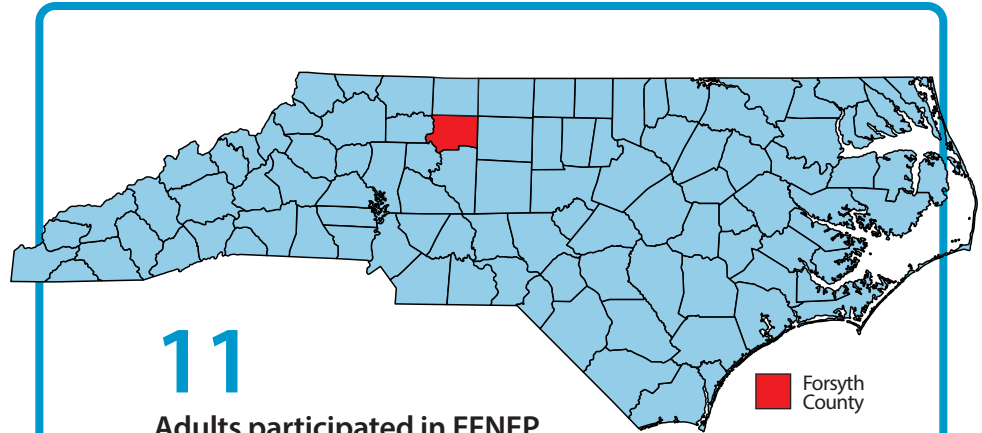


\$1,393
estimated value of volunteer time

Forsyth County EFNEP programs obtained over

\$15,793

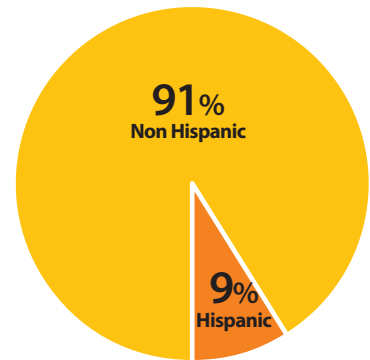
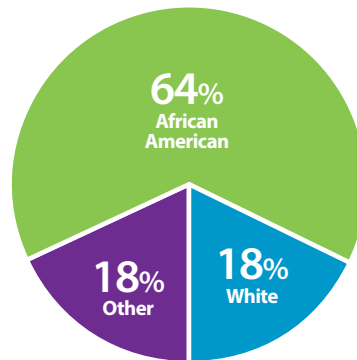
in funding and support from local efforts.



11

Adults participated in EFNEP.

Forsyth County



EFNEP Makes a Real Difference



100%
of EFNEP participants improved diet quality.



75%
now practice daily physical activity.



100%
practice better food resource management.



100%
have improved their food safety habits.



From Pantry to Plate: Healthy Eating in Forsyth County

The Expanded Food and Nutrition Education Program (EFNEP) is making a significant impact in Forsyth County through its partnership with the Crisis Control Ministry. As part of the Crisis Control Ministry’s Certified Healthy Client-Choice Pantry, EFNEP offers hands-on cooking and nutrition classes to help families develop the skills necessary to make healthier food choices on a budget.

In a recent session, participants learned how to select, prepare, and store fresh fruits available in the pantry. Through interactive demonstrations, they discovered simple and affordable ways to incorporate more fruits into their meals.

EFNEP is dedicated to empowering families with the knowledge and skills to enhance their overall well-being. By combining nutrition education with access to healthy foods, the program helps families build confidence in the kitchen, reduce food waste, and establish lifelong healthy habits.

Through this collaboration, **EFNEP is strengthening nutrition security and making a lasting difference in the Forsyth County community.**



www.ncefne.org

