



Halifax 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



23 volunteers committed
208 hours

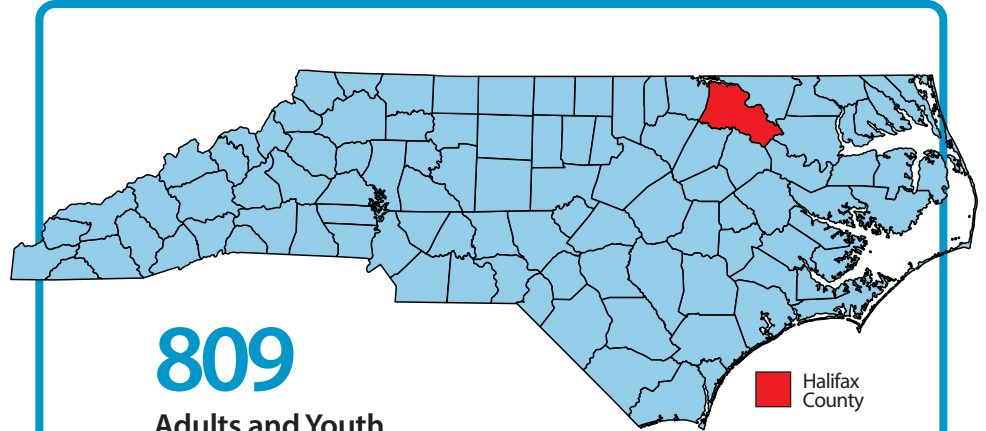


\$6,966
estimated value of volunteer time

Halifax County EFNEP programs obtained over

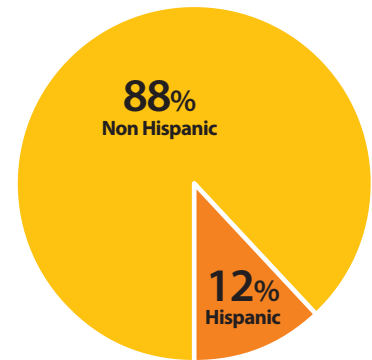
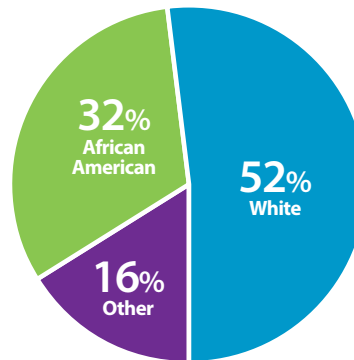
\$13,094

in funding and support from local efforts.



809

Adults and Youth participated in EFNEP.



EFNEP Makes a Real Difference



83%

of EFNEP participants improved diet quality.



64%

now practice daily physical activity.




47%

practice better food resource management.



61%

have improved their food safety habits.



EFNEP Fuel for Life Students Make Healthy Changes

Engaging 9th graders in subjects like nutrition and health poses challenges, but the EFNEP educator in Halifax County has found success with the *Fuel for Life* program. Annually, this program instills lasting healthy habits in students and includes surveys administered at both the beginning and end of its six-week duration. These surveys measure changes in eating habits, physical activity levels, and food safety practices.

The results in Halifax County are notable: After completing the program, **98% of students improved in at least one core area. Out of 120 students, 117 reported healthier food choices, increased physical activity, or enhanced food safety practices.** This success underscores the *Fuel for Life* program's effectiveness in motivating students to adopt positive health changes, demonstrating the powerful impact of well-designed educational initiatives on young lives.




Nourishing Hearts, Building Bridges: A Faithful Families Success Story in Halifax County

In a rural area of Halifax County, a local church aimed to extend its outreach by joining the *Faithful Families Thriving Communities* program to promote health and strengthen community bonds. The Family and Consumer Sciences (FCS) agent partnered with EFNEP to provide lessons, offer nourishing meals, and create a welcoming environment for all.

Though the group was small, the program became a source of encouragement for participants. Over eight weeks, community members joined, drawn by the nutritious meals and the camaraderie it fostered. Rather than waste leftover food, the church shared it with those in need, inspiring participants to act as catalysts for change.

Approximately 48 meals were distributed to combat food insecurity, symbolizing care and compassion. This initiative not only improved access to healthy food but also encouraged kindness and engagement, serving as a beacon of hope for a more connected future in an economically challenged region.