



Henderson 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



22 volunteers committed
125 hours

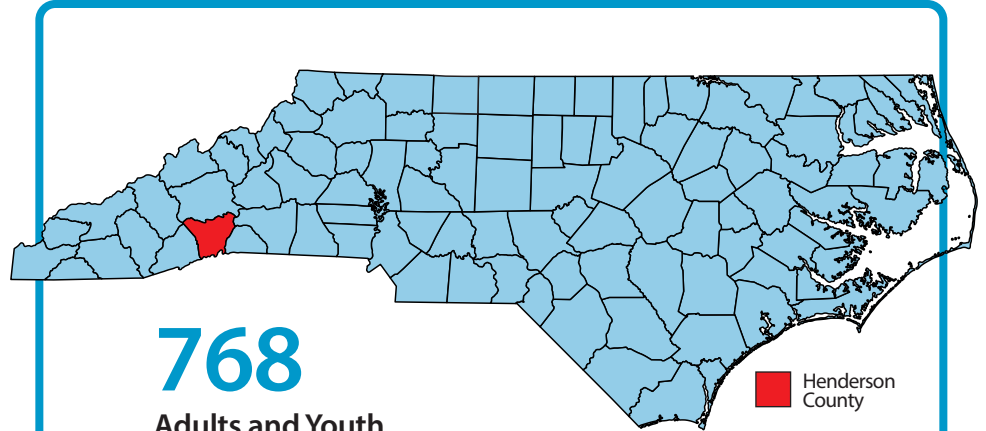


\$4,180
estimated value of volunteer time

Henderson County EFNEP programs obtained over

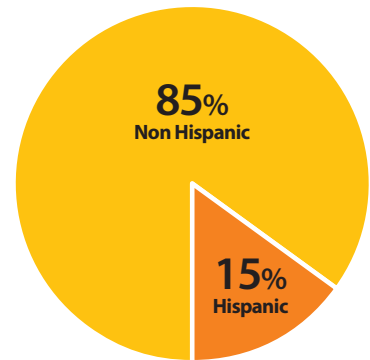
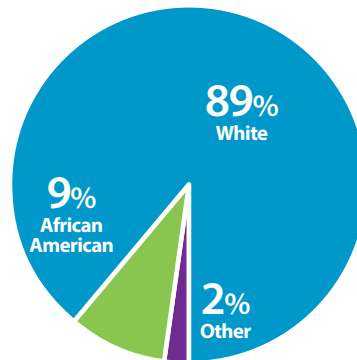
\$21,543

in funding and support from local efforts.



768

Adults and Youth participated in EFNEP.



EFNEP Makes a Real Difference



80%

of EFNEP participants improved diet quality.



51%

now practice daily physical activity.



45%

practice better food resource management.



52%

have improved their food safety habits.



Understanding the Food Labels Leads to Healthier Food Choices

At a high school in Henderson County, students engaged with EFNEP’s Teen Cuisine curriculum to learn about nutrition and make informed dietary choices. A key lesson focused on food labels, where an engaging label-interpreting relay helped students understand nutrition facts and their health implications.

One student experienced a significant shift in his food choices; previously ignorant of nutrition labels, he now actively reads them. This change is expected to enhance his diet and deepen his nutritional knowledge.

“I wanted to thank you for teaching me about nutrition labels... If it weren’t for you, I never would have paid attention to it,” he shared gratefully.

The success of this program showcases the power of education in fostering healthier habits and vital life skills, ultimately equipping students with the ability to make better dietary choices for lifelong wellness.



Transforming Household Health with Food Safety Education

In a group of Head Start parents, the importance of food safety was a revelation for the participants. Like many, they had overlooked proper refrigeration and storage habits, risking cross-contamination and foodborne illness. This lack of knowledge led to unsafe practices, such as storing raw meat above other items in the refrigerator.

Through EFNEP’s “Fix It Safe” lesson from the *Families Eating Smart and Moving More* curriculum, participants learned about the importance of food safety and practical ways to apply these principles. The impact was both immediate and tangible. One participant not only changed her habits but also became an advocate within her household. When she saw her husband about to place raw meat on the top shelf of the refrigerator, she intervened. Drawing on what she had learned, she explained the associated risks and emphasized the importance of storing raw meat on the bottom shelf to prevent contaminating other food.

Her proactive approach didn’t stop there. She shared her knowledge with her family, ensuring everyone understood and adhered to safe food storage guidelines. As a result, the overall food safety and health of their household significantly improved. **By prioritizing safe practices, they minimized the risk of foodborne illnesses and created a healthier environment for themselves and their children.**