



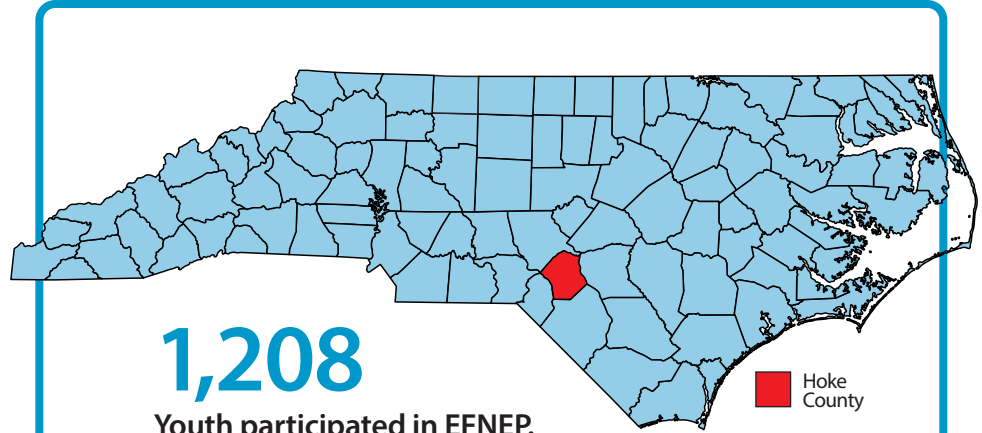
**Hoke County**

**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:

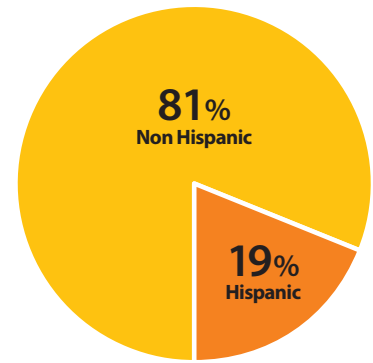
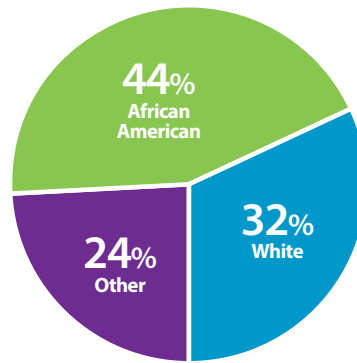
- Peer-to-peer, hands on education in the community
- Healthy, low-cost recipes
- Simple strategies to help families move more together



**1,208**

Youth participated in EFNEP.

Hoke County



**EFNEP Provides Opportunities**



**66** volunteers committed  
**270** hours



**\$9,056**  
estimated value of volunteer time

**EFNEP Makes a Real Difference**



**95%**  
of EFNEP participants improved diet quality.



**82%**  
now practice daily physical activity.



**78%**  
practice better food resource management.



**85%**  
have improved their food safety habits.

Hoke County EFNEP programs obtained over  
**\$22,583**  
in funding and support from local efforts.



## Educator Participates in County’s Ag Field Days to Promote EFNEP Classes

This year, the Hoke County Cooperative Extension team successfully revived the popular event known as the “Hoke County Ag Field Days.” This engaging event featured Extension staff, dedicated volunteers, and county partners who worked together to educate third graders about agriculture and the origins of their food.

The EFNEP Educator emphasized MyPlate to show students how to add variety to their diet. Using the plate as a visual aid, the educator encouraged students to identify various foods from each group. Students also learned how food travels from the farm to their tables. They were enthusiastic and eager to share their insights, and they even got hands-on experience by making smoothies using a Blender Bike.

Throughout the day, about 556 youth from eight schools visited with the EFNEP educator to learn about nutrition and ways to use MyPlate to make healthier food choices. The County Extension Director (CED) captured the memorable moments of the day through a video showcasing the event’s success and its alignment with EFNEP’s goals of teaching nutrition education and fostering partnerships within the community.

