



**Johnston 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**



**25** volunteers committed  
**312** hours

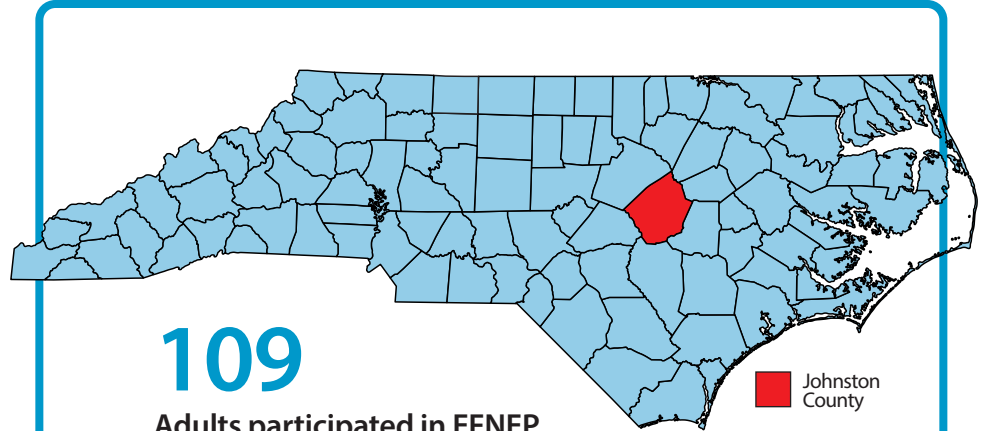


**\$10,449**  
estimated value of volunteer time

Johnston County EFNEP programs obtained over

**\$25,350**

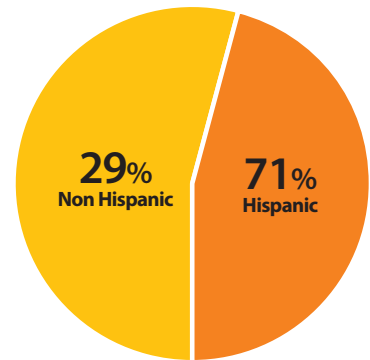
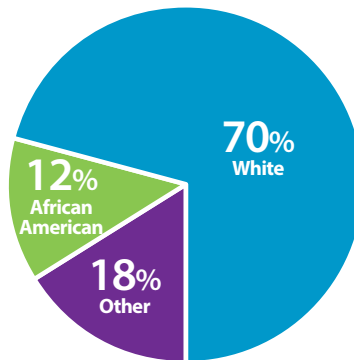
in funding and support from local efforts.



**109**

Adults participated in EFNEP.

Johnston County



**EFNEP Makes a Real Difference**



**97%**

of EFNEP participants improved diet quality.



**77%**

now practice daily physical activity.



**90%**

practice better food resource management.



**90%**

have improved their food safety habits.



### **Cultivating Health Together in Johnston County**

In a Johnston County mobile home park, the NC EFNEP program transformed the community by uniting residents on a health journey. **Participants learned to feed their families on a budget while embracing cultural preferences in their diets.** They explored nutritious twists on traditional dishes, stepped out of their culinary comfort zones, and began reading nutrition labels, boosting their vegetable and fruit intake, often grown and harvested by themselves. Dairy staples like Greek yogurt became common, while restaurant visits were reserved for special occasions. EFNEP also taught food safety, leading to better cooking habits.

As bonds formed through shared experiences, participants organized group walks, enhancing community ties and physical health. Ultimately, EFNEP served as a catalyst for cultural celebration, culinary exploration, and community empowerment, helping neighbors forge a healthier, more connected future together.



### **Building Healthier Families Together in Johnston County**

Partnership for Children of Johnston County supports families raising grandchildren through initiatives like Circle of Parents. This program assists grandparents and caregivers facing unique challenges. Many participants, often retired, re-enter parenting roles with wisdom but new uncertainties.

The N.C. Cooperative Extension provides crucial support through the Expanded Food and Nutrition Education Program (EFNEP), which empowers caregivers with knowledge about health and nutrition. Participants engage in hands-on learning, discover healthy meal choices, and make informed decisions. One grandmother made a notable change by swapping chips for fresh fruits and veggies in her grandchild's snacks.

Partnership for Children also ensured meals at each meeting included healthy options, reflecting caregivers' journeys. **One grandmother lost 29 pounds, demonstrating the impact of informed choices.** EFNEP not only offered nutritional guidance but fostered well-being, empowering families to prioritize health for themselves and future generations, turning challenges into opportunities through collaboration.