



Lenoir 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



46 volunteers committed
1,082 hours

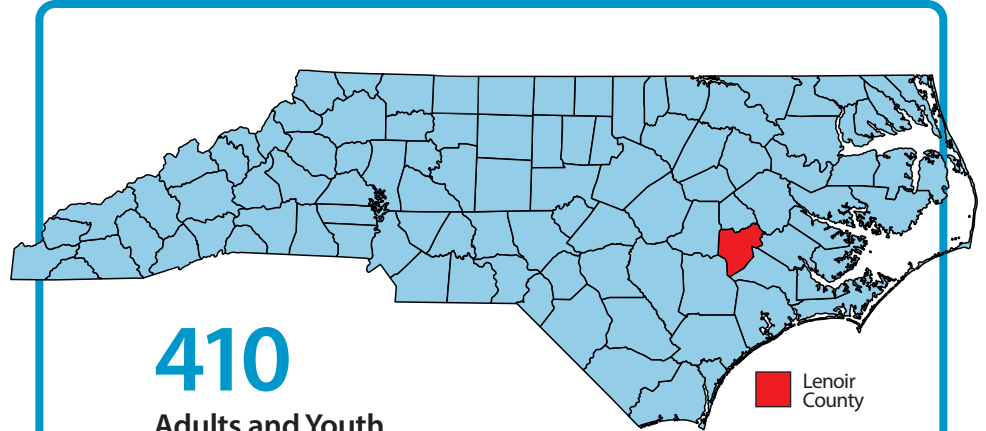


\$36,223
estimated value of volunteer time

Johnston County EFNEP programs obtained over

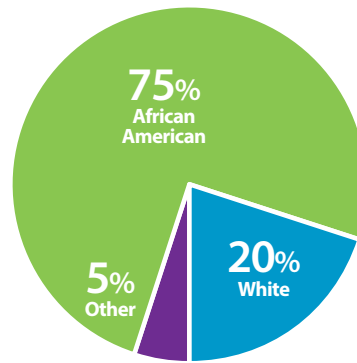
\$23,637

in funding and support from local efforts.



410

Adults and Youth participated in EFNEP.



EFNEP Makes a Real Difference



100%
of EFNEP participants improved diet quality.



99%
now practice daily physical activity.



98%
practice better food resource management.



98%
have improved their food safety habits.



Participants Learn How to Use Their WIC Foods

The EFNEP Educator collaborated with the Lenoir County Health Department to provide classes for WIC participants, many of whom were unaware of how to use the cereal included in their vouchers. Concerned about this issue, the Educator worked with the WIC director to deliver EFNEP's *Families Eating Smart and Moving More* curriculum. They prepared an affordable Apple Crisp recipe using whole grain cereal, which the participants found surprising and delicious. The Educator also suggested making fruit parfaits and smoothies with WIC-supported cereals, providing various recipes to try at home. **By the following week, participants returned to class excited to share how they had successfully incorporated their cereal into meals for their families, realizing for the first time that healthy cereals could enhance their recipes.**



Teen Teaches Mom the Power of Food Labels

After learning to read food labels in an EFNEP class, a young teenager became worried about the sugary cereal her mother bought. The teen understood that eating high-sugar cereal could eventually lead to health issues.

The EFNEP Educator taught this curriculum at a summer youth camp, where teens learned to read food labels to limit sodium, sugar, and fat. After the lesson, one teen told her mother that the cereal was too sugary, and she wanted to teach her how to read food labels to encourage healthier choices.

During their grocery shopping, the teen showed her mother how to identify ingredients on cereal boxes. She explained that if sugar was the first ingredient, the cereal was likely high in sugar, whereas having whole grain as the first ingredient was a healthier option. The mother was impressed by her child's knowledge and felt proud to learn something new from her. **Thanks to EFNEP, she now has the tools to help her family choose healthier foods that can enhance their diet.**