



McDowell 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



18 volunteers committed
291 hours

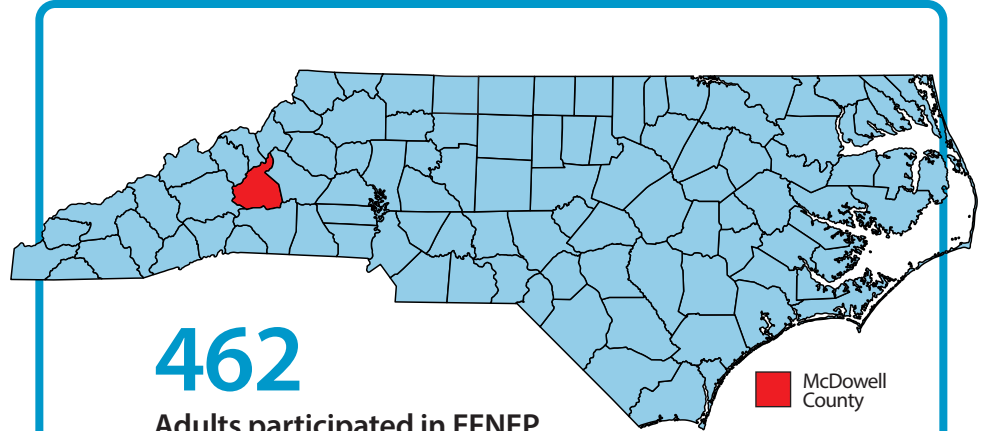


\$9,752
estimated value of volunteer time

McDowell County EFNEP programs obtained over

\$18,050

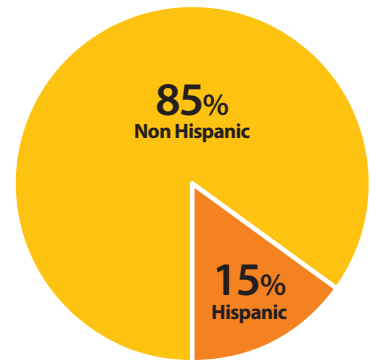
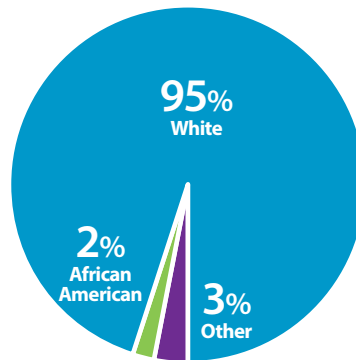
in funding and support from local efforts.



462

Adults participated in EFNEP.

McDowell County



EFNEP Makes a Real Difference



90%

of EFNEP participants improved diet quality.



75%

now practice daily physical activity.



53%

practice better food resource management.



68%

have improved their food safety habits.



Promoting Active Lifestyles in McDowell County

In McDowell County, a group concerned about their sedentary lifestyles engaged with an EFNEP educator through the “Choosing to Move More Throughout the Day” lesson. After a nutritious food demonstration, they explored a nearby walking trail.

Inspired, they dedicated the last 30 minutes of their meetings to group walks instead of sitting indoors. This change brought joy and led many to include evening family walks in their routines. One participant noted, “This seems like such a no-brainer; why haven’t we taken advantage of this before now?” Their initiative highlighted how EFNEP can foster healthier habits.



From Fast Food to Financial Freedom

In McDowell County, an EFNEP educator led a group of older youth to explore food and budgeting options. The youth aimed to change their eating habits and financial outlook.

Initially, discussions highlighted the convenience of fast food versus the hassle of cooking at home. Many, including those who underestimated their food budgets, were doubtful about the practicality of home cooking. However, the educator provided hands-on lessons detailing the cost and preparation time of recipes compared to fast food. This insight revealed that cooking at home was not only cheaper but also quicker than visiting fast food restaurants.

With their newfound knowledge, participants began meal planning, saving money, and creating time for other activities. By the end of the program, they had turned discussions into practical skills, progressing toward healthier eating and financial awareness. The EFNEP program encouraged them to adopt home-cooked meals and take control of their finances.