



# Onslow 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



**15** volunteers committed  
**21** hours

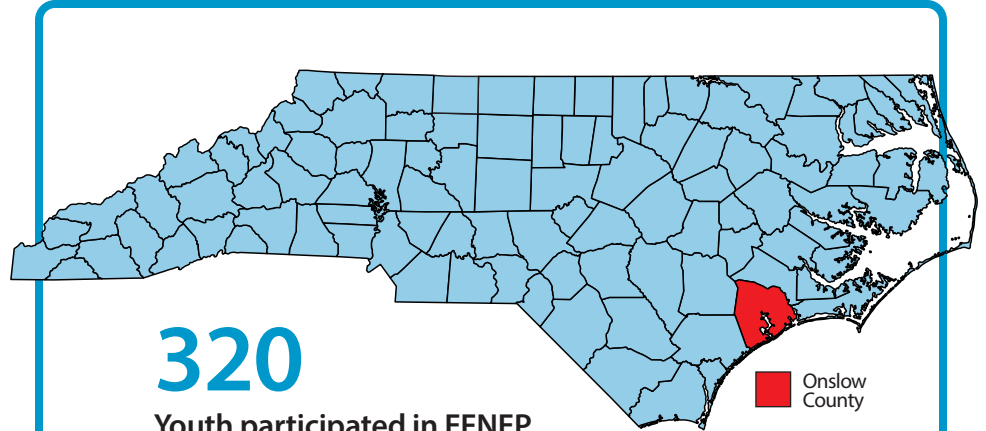


**\$697**  
estimated value of volunteer time

Onslow County EFNEP programs obtained over

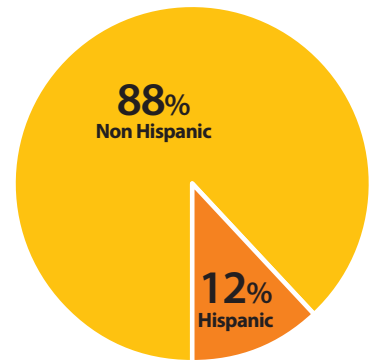
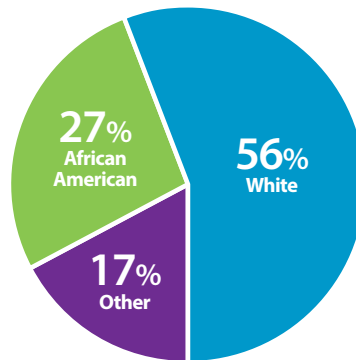
**\$18,479**

in funding and support from local efforts.



**320**

Youth participated in EFNEP.



## EFNEP Makes a Real Difference



**86%**

of EFNEP participants improved diet quality.



**68%**

now practice daily physical activity.



**50%**

practice better food resource management.



**71%**

have improved their food safety habits.



  **Helping Food Pantry Participants Make Healthier Choices**

In Onslow County, 32,390 people (17% of the population) are food insecure, according to the Food Bank of Central & Eastern North Carolina. The Salvation Army Food Pantry in Jacksonville provides food boxes and identified a need for food and nutrition education. Many participants lack kitchen confidence and knowledge about nutrition, while others seek tips to stretch their grocery budgets.

The EFNEP educator offered classes using the *Families Eating Smart and Moving More* curriculum, featuring hands-on cooking activities, demonstrations, and tastings with fresh ingredients from The Salvation Army. Participants learned to find the best value on food while avoiding unhealthy options.

Popular recipes included fruit smoothies, vegetable stir-fry, and tuna burgers. One participant aimed to cook healthy meals for her grandkids, praising EFNEP’s baked chicken nugget recipe: “I learned to make chicken nuggets for my grandsons, and they love it more than McDonald’s. They are ‘Nanny’s little helpers’ and feel special when they help.”

Many participants were surprised by the fat, salt, and added sugar in fast food and decided it was healthier and cheaper to cook at home.

Food safety was emphasized, as most had never used a thermometer to ensure meats were cooked properly. The partnership has been a success, with **91% of participants improving their diet quality and 100% in food resource management.**

