



Pasquotank 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



44 volunteers committed
666 hours

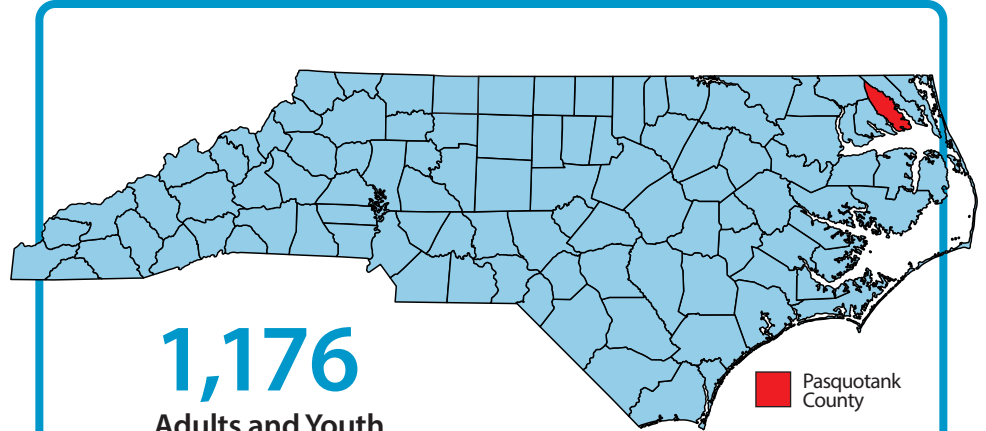


\$22,291
estimated value of volunteer time

Pasquotank County EFNEP programs obtained over

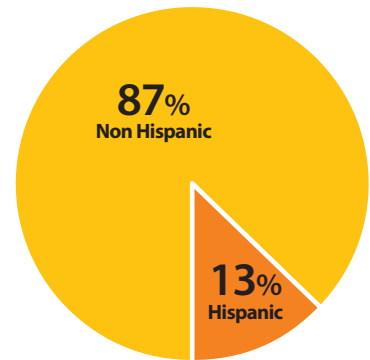
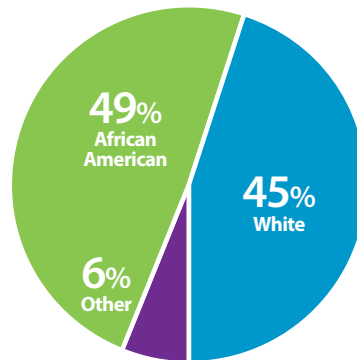
\$1,781

in funding and support from local efforts.



1,176

Adults and Youth participated in EFNEP.



EFNEP Makes a Real Difference



81%

of EFNEP participants improved diet quality.



59%

now practice daily physical activity.



78%

practice better food resource management.



86%

have improved their food safety habits.



Taste the Possibilities: EFNEP Opens Doors to New Flavors!

Many reports show that both children and adults do not consume the recommended amounts of fruits and vegetables, a trend exacerbated by rising food costs. EFNEP aim to teach food resource management skills to help participants purchase these essentials affordably.

In Pasquotank County, an EFNEP educator has been teaching at the Food Bank of the Albemarle, fostering a low-pressure environment for exploring new foods. One participant from another country hesitated to try recipes, initially declaring the Red Bean and Chili dish “is not for me.” However, during a class featuring “West African Chicken Peanut Stew,” her children’s enthusiasm for the aroma led them to take a bite and enjoy it. Surprised, she expressed, **“I didn’t think we would like it because it had collards, chicken, sweet potatoes, and peanut butter.”** This experience encouraged her to be more open to local cuisine and the educator’s guidance.



Cooking Up Confidence: EFNEP’s Transformative Impact

EFNEP educators serve as vital role models in their communities, leading classes that encourage healthy eating and physical activity while building strong relationships with participants.

In Pasquotank County, an EFNEP educator conducts summer classes for a local youth group. For three years, she worked with a student who initially disliked fruit and showed little interest in fruit-based recipes. **Yet, she consistently took home her workbook filled with recipes and gradually started to cook them.**

Proud of her progress, she contacted her EFNEP educator to share her achievements. The educator recognized the student’s natural cooking talent and noted her growth. After three summers, the student now assists confidently in lessons. The educator commented that she had “finally unlocked the code” for this student and looks forward to teaching her again this summer.

These experiences are essential for fostering connections that enhance the learning environment and promote a passion for lifelong learning!

