



# Pender 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



**85** volunteers committed  
**520** hours

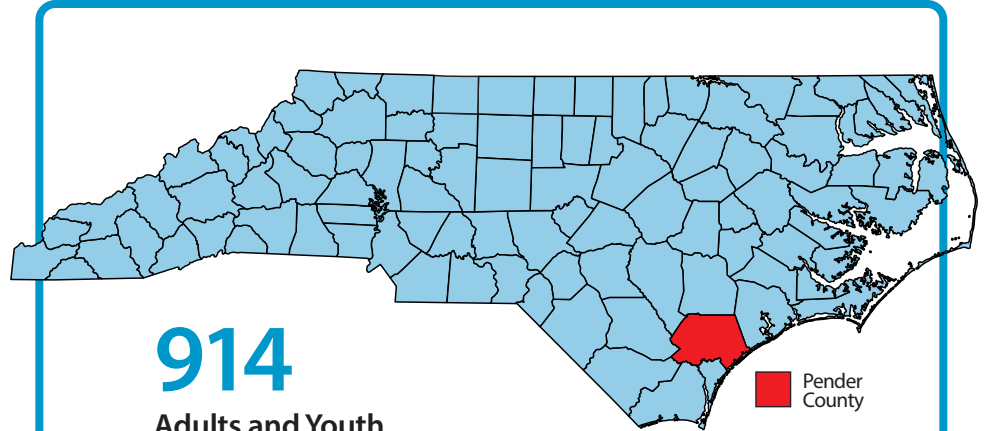


**\$17,415**  
estimated value of volunteer time

Pender County EFNEP programs obtained over

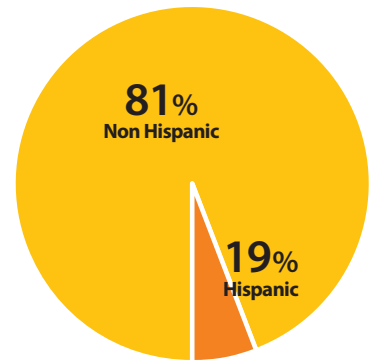
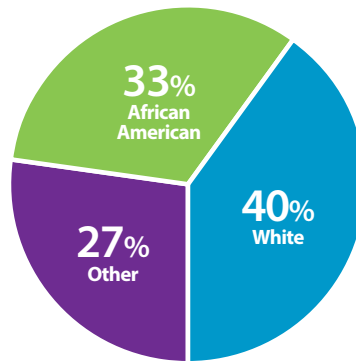
**\$1,781**

in funding and support from local efforts.



**914**

Adults and Youth participated in EFNEP.



## EFNEP Makes a Real Difference



**90%**

of EFNEP participants improved diet quality.



**67%**

now practice daily physical activity.



**55%**

practice better food resource management.



**74%**

have improved their food safety habits.



### EFNEP Empowers Students to Make Healthy Choices

The Expanded Food and Nutrition Education (EFNEP) uses the *Camp, Cook, Play* Nutrition curriculum in four Pender County elementary schools, where over 50 percent of students come from low-income families eligible for free or reduced lunch programs. These families often have limited access to fresh produce.



In collaboration with Pender County Schools, the EFNEP Educator organized after-school nutrition classes for K-5th grade students. Six classes were held across four schools, with 200 students participating in six hours of nutrition instruction.

Pre- and post-surveys assessed changes in fruit and vegetable consumption, revealing that **80% of students reported eating more fruits and vegetables daily**. Additionally, students expressed enthusiasm for learning how foods contribute to health. As a result, one local elementary school now features a daily "Healthy Snack Time" to promote better dietary choices among students and staff.



### Beyond the Budget: Healthy Eating in Pender County

In Pender County, 9.5% of families and 13.6% of the population live below the poverty line, resulting in limited access to fresh produce and healthy foods, particularly in food deserts. The Expanded Food and Nutrition Education Program (EFNEP) offers free nutrition classes to low-resource families with children, helping them make informed food choices. Participants learn about food safety, reading nutrition labels, and reducing saturated fats, added sugars, and sodium intake. They also gain practical skills by preparing easy, healthy, and affordable recipes at home. Six adults enrolled in the program reported success in lowering their intake of sodium, added sugars, and saturated fats through diet and exercise. All participants experienced enhanced well-being and energy levels, with **83% consistently including meals from all five food groups each day**.



[www.ncefne.org](http://www.ncefne.org)

