



Robeson 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



45 volunteers committed
166 hours

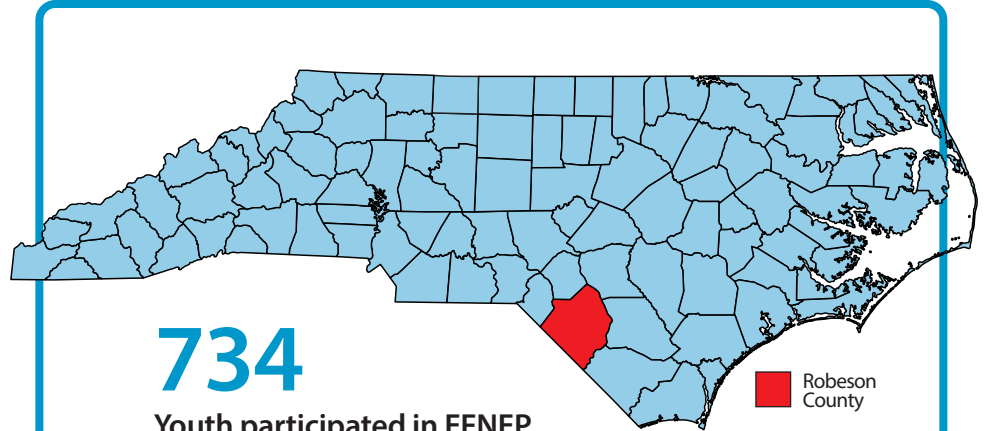


\$5,573
estimated value of volunteer time

Robeson County EFNEP programs obtained over

\$21,057

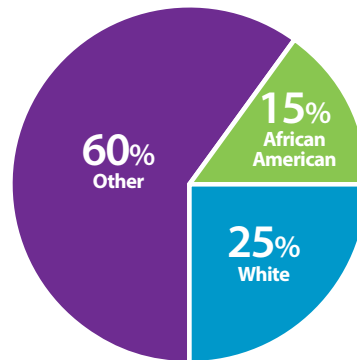
in funding and support from local efforts.



734

Youth participated in EFNEP.

Robeson County



EFNEP Makes a Real Difference



86%

of EFNEP participants improved diet quality.



62%

now practice daily physical activity.



67%

practice better food resource management.



60%

have improved their food safety habits.



Transforming Lives: Combating Obesity through Education and Play

In Robeson County, over 33% of children aged 10-17 are classified as overweight or obese, leading to initiatives promoting healthier lifestyles. The Expanded Food and Nutrition Education Program (EFNEP) has partnered with organizations to empower youth with engaging lessons on healthy food choices and physical activity.

EFNEP enrolled 734 youth participants from throughout the county. **Reports show that 86% improved diet quality and 62% increased physical activity.** One student noted that playing frisbee brought his siblings together for exercise, enhancing family bonding. Thanks to the dedication of EFNEP educators and enthusiastic youth, Robeson County is witnessing a positive shift toward healthier living.



EFNEP Helps Students Learn How to Read Nutrition Facts Labels

Fourth graders at Southside Ashpole Elementary participated in EFNEP classes, focusing on Nutrition Facts Labels. The educator began by asking what the label is and its importance. Initially confused, students acknowledged they had seen the labels but didn't know how to read them.

As the lesson progressed, students asked questions about servings, sodium, calories, and fat. To enhance understanding, the educator provided empty packages of chips and sodas. The students were shocked by the information on their favorite foods and realized they were consuming too much. **By the end of the class, they felt more confident reading and understanding labels.**