



Rutherford 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



11 volunteers committed
208 hours

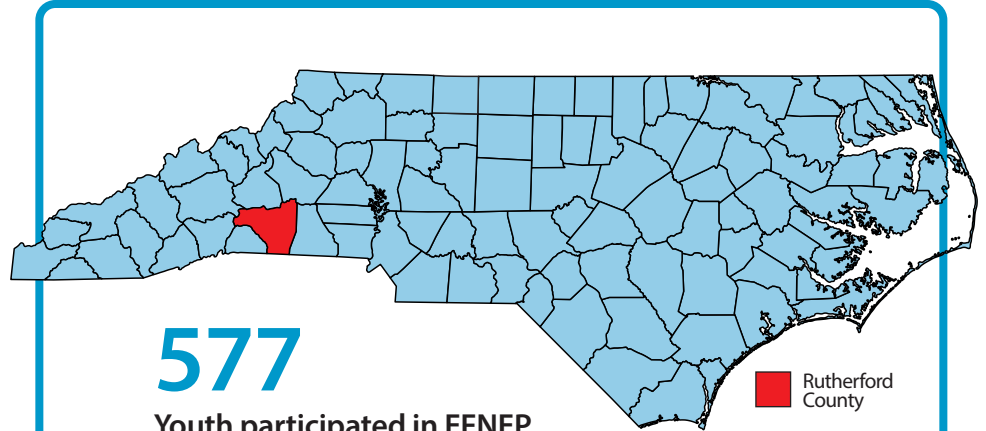


\$6,966
estimated value of volunteer time

Rutherford County EFNEP programs obtained over

\$17,224

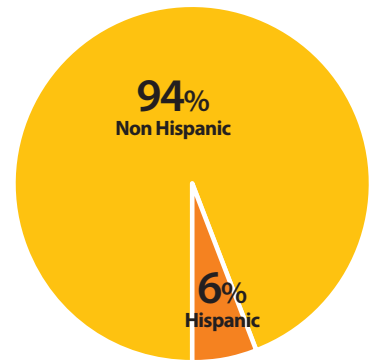
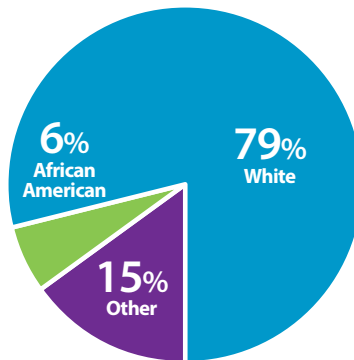
in funding and support from local efforts.



577

Youth participated in EFNEP.

Rutherford County



EFNEP Makes a Real Difference



81%

of EFNEP participants improved diet quality.



48%

now practice daily physical activity.



45%

practice better food resource management.



58%

have improved their food safety habits.



From Kitchen Novices to Culinary Conquerors

At Rutherford Early College High School, students began their culinary journey with minimal kitchen experience, often relying on takeout despite wanting healthier choices. Guided by an EFNEP educator through the *Fuel for Life* curriculum, they gradually gained confidence and autonomy in the kitchen. Starting with basics, they learned knife handling and food safety, enjoying tasks like measuring ingredients and experimenting with spices.

As the weeks progressed, students became more self-assured, embracing new foods and cooking techniques. They became comfortable using appliances like blenders and electric skillet, expanding their culinary skills. The classes fostered a sense of camaraderie, encouraging them to voice their food preferences and actively participate in meal preparations at home.

One student enthusiastically declared, "I'm going to go home and make this for dinner!" **Their hands-on learning not only built practical cooking skills but also instilled confidence and a love for exploring diverse flavors.**



Building Confidence and Community through Nutrition Education

In an ESL (English as a Second Language) class at a local college, students from diverse backgrounds united to build confidence in their kitchens and essential cooking skills. Led by a bilingual EFNEP educator, the class became a hub of cultural exchange, where participants deepened their food vocabulary and engaged in collaborative kitchen activities.

Facing challenges like balancing work and cooking, they learned safe food handling techniques through the "Fix It Safe" lesson. Outside of class, the educator reinforced teachings with communication tools and recipes, promoting ongoing learning.

As weeks passed, students developed culinary skills and embraced healthier choices, diversifying their diets and prioritizing physical activity. Participants reflected on their transformations and expressed commitments to self-care and family health. **Ultimately, the ESL class demonstrated how education can inspire confidence, foster cultural understanding, and empower individuals to initiate positive changes in their lives and communities.**