



Surry 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



54 volunteers committed
582 hours

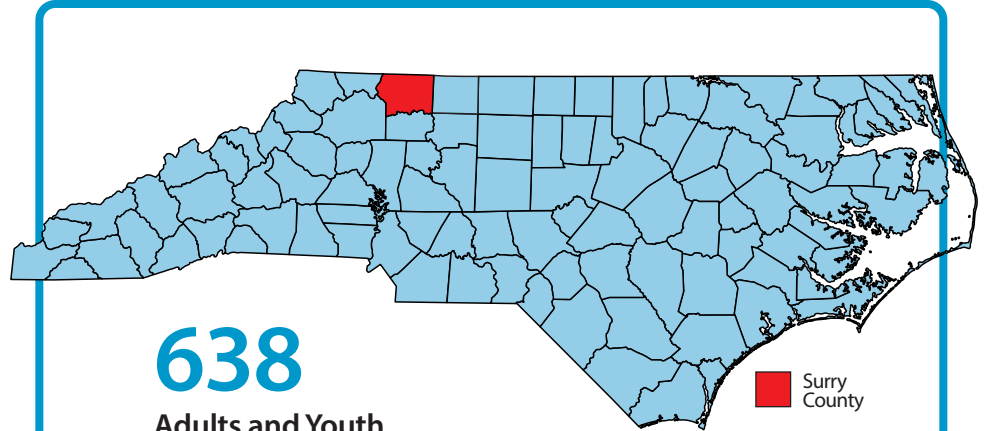


\$19,505
estimated value of volunteer time

Surry County EFNEP programs obtained over

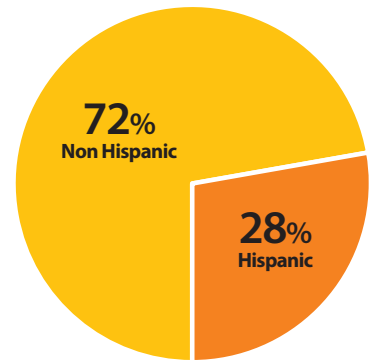
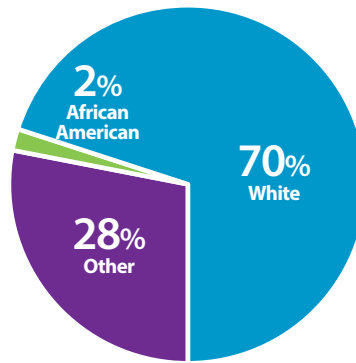
\$11,133

in funding and support from local efforts.



638

Adults and Youth participated in EFNEP.



EFNEP Makes a Real Difference



94%

of EFNEP participants improved diet quality.



72%

now practice daily physical activity.



92%

practice better food resource management.



84%

have improved their food safety habits.



Energizing Change

At White Plains Elementary, one student's approach to physical activity changed dramatically from a preference for video games to a commitment to health.

EFNEP lessons emphasized the importance of daily exercise, motivating students to track their physical activity using a provided log.

Within a week, the student surpassed the recommended 60 minutes of daily activity, boosting his energy and overall well-being. By engaging in more physical activities, he naturally reduced screen time in favor of outdoor play and sports, demonstrating his commitment to a healthier lifestyle.

This success showcases the effectiveness of EFNEP's education and support in promoting lifelong physical wellness through practical tools and guidance.



A Journey to Healthier Eating at Franklin Elementary School

At Franklin Elementary School, many students often choose unhealthy food over fruits and vegetables, which can lead to long-term health issues.

The EFNEP educator emphasized that fruits and vegetables should make up half of one's plate. Students learned about the nutrients in these foods and participated in a taste-testing session.

As a result, students began adding more fruits and vegetables to their lunches, positively affecting their eating habits at home. By choosing nutritious options, they improved their overall diet.

Through engaging lessons, EFNEP promotes healthier eating practices, helping students build a positive relationship with food and a foundation for lasting nutritious choices.



Empowered by Movement

A participant in the EFNEP program at Surry Community College faced health challenges due to stress, leading to back pain and diabetes management issues. To improve her health, she followed the program's guidance, incorporating stretching exercises and a daily exercise routine of at least one hour.

Her dedication led to significant improvements: reduced stress, relief from back pain, and better diabetes management. She felt healthier both physically and mentally, expressing gratitude for the program's influence: **"I am grateful to the program for teaching me techniques that have improved my overall health."** Her transformation inspires others to pursue a healthier future.



Transforming Health through Knowledge

A participant in Surry County's WIC Program transformed her food safety practices through EFNEP's *Families Eating Smart and Moving More* curriculum. Initially, she improperly thawed meat on the counter and left leftovers out for extended periods.

Guided by the EFNEP educator, she learned about food safety in the "Fix it Safe" lesson and was shocked by how quickly bacteria multiply at room temperature. Armed with this knowledge and a meat thermometer, she changed her habits—storing leftovers promptly and never thawing meat on the counter again.

The impact was significant; her family experienced fewer stomach-related issues since she adopted these practices. Her journey illustrates the importance of education in fostering healthy lifestyles. She became a role model for her family, encouraging similar safe practices for better health.