



Wake 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

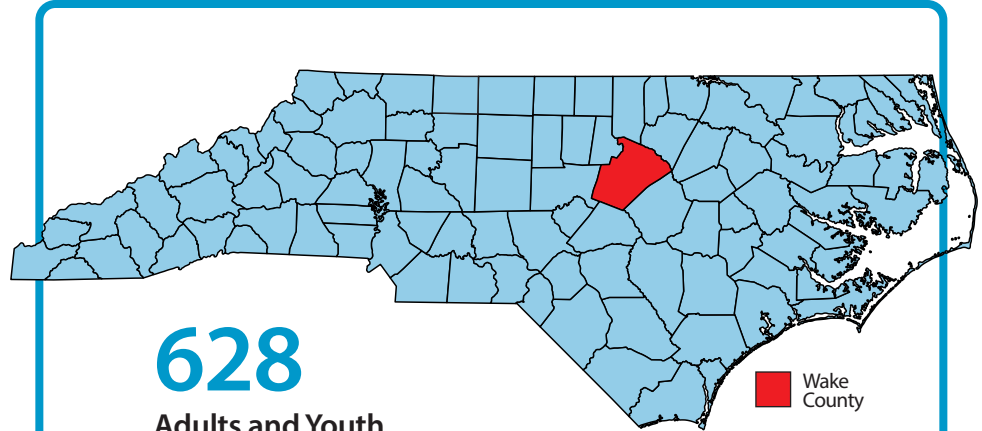


74 volunteers committed
645 hours



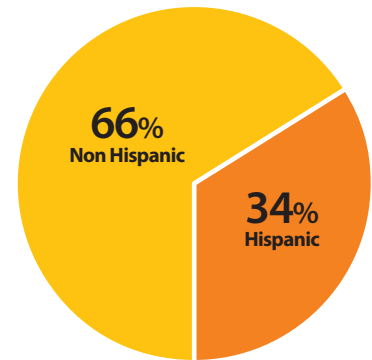
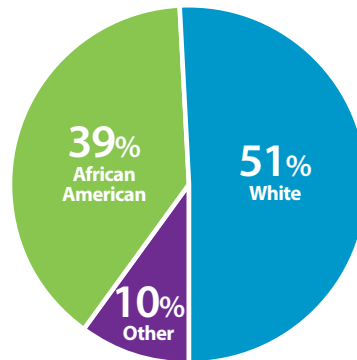
\$21,594
estimated value of volunteer time

Wake County EFNEP programs obtained over
\$46,179
in funding and support from local efforts.



628

Adults and Youth participated in EFNEP.



EFNEP Makes a Real Difference



99%

of EFNEP participants improved diet quality.



91%

now practice daily physical activity.



99%

practice better food resource management.



94%

have improved their food safety habits.



From Stress to Success

In Wake County, a young mother faced challenges managing her family's unique dietary needs, particularly regarding diabetes, which made it difficult for her to provide balanced meals without overspending. Fortunately, the Expanded Food and Nutrition Education Program (EFNEP) stepped in to offer support by providing her with practical, budget-friendly meal planning and preparation strategies, resulting in transformative impacts.

Using the knowledge gained, the participant improved her family's dietary habits and overall well-being. She began offering her children fruit as a healthy snack, ensuring they received essential nutrients. Additionally, she incorporated more brown rice into their meals, enriching their diet with whole grains. By thoughtfully planning meals, she reduced her stress levels, knowing she could provide nutritious options within her budget.

Recognizing the importance of nutrition education, she enrolled her children in 4-H EFNEP programs, which taught them about healthy eating habits and nutrition. The EFNEP program in Wake County profoundly impacted her family,



enabling her to manage the complexities of their dietary needs through targeted education and practical resources.

The program not only improved their nutrition but also empowered the entire family to adopt healthier eating habits, leading to a happier and less stressful life. This success story exemplifies EFNEP's positive impact, showcasing its capacity to transform lives by promoting health and wellness through educational support.



www.ncefnep.org

