



Wayne 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



57 volunteers committed
333 hours

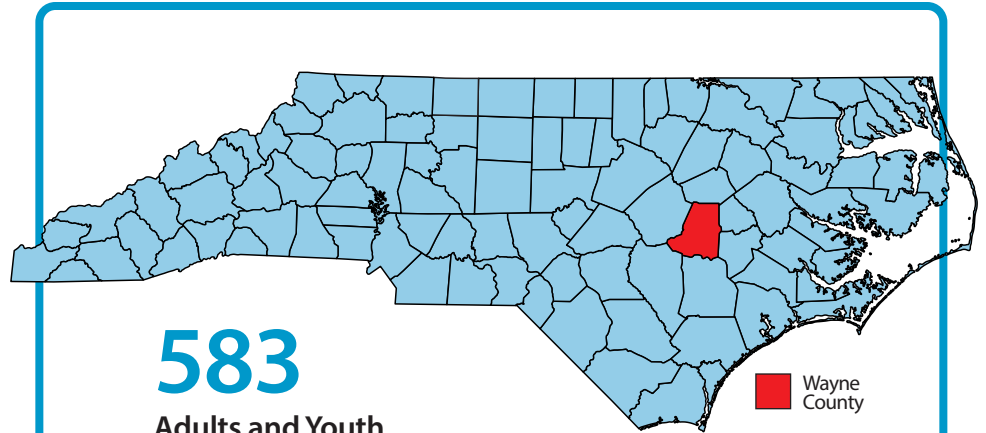


\$11,145
estimated value of volunteer time

Wayne County EFNEP programs obtained over

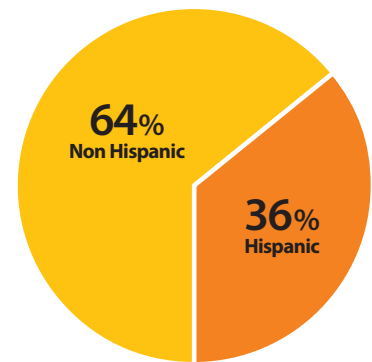
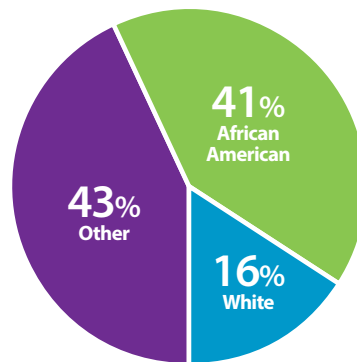
\$18,602

in funding and support from local efforts.



583

Adults and Youth participated in EFNEP.



EFNEP Makes a Real Difference



94%

of EFNEP participants improved diet quality.



66%

now practice daily physical activity.



100%

practice better food resource management.



83%

have improved their food safety habits.



County Team Creates Farmer's Market Donation Station

In Wayne County, food insecurity affects 18.4% of the population, with only 7.9% of adults consuming fruits, vegetables, or beans five or more times daily. Food pantries predominantly offer non-perishables, canned fruits and vegetables, and shelf-stable items. While these options help alleviate hunger, they do not address the underlying issues of poor diets and insufficient fresh produce intake.

Recognizing this challenge, the Expanded Food and Nutrition Education Program (EFNEP) has played a pivotal role in improving access to fresh produce. In May 2022, the EFNEP educator, the Farmer's Market Manager, and the FCS Agent collaborated to initiate the Farmer's Market Donation Station pilot program, effectively bringing this innovative donation model to Wayne County. The Donation Stations utilize a simple yet effective farmer's market approach: volunteers gather food and monetary donations from shoppers who purchase directly from farmers, subsequently donating this food to local hunger relief agencies. This initiative not only enhances food availability but also fosters connections between local farmers and the community.

With a new Farmer's Market manager on board, the team expanded on the groundwork laid in 2022. So far, volunteers devoted 232 hours to the initiative. **Contributions from customers reached \$1,830, enabling the acquisition of 2,425 pounds of fresh produce, which was distributed to five food pantries, helping to feed families in need.** Volunteer feedback was actively sought to further refine the donation station operations, indicating a commitment to continuous improvement. **EFNEP's involvement has not only facilitated the provision of fresh produce but has also inspired volunteers to maintain their participation, with plans to continue their valuable work in 2024.**