



NC Cooperative Extension **2025 REPORT**

North Carolina

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 Makes a Real Difference



97% of EFNEP participants improved diet quality.



85% now practice daily physical activity.

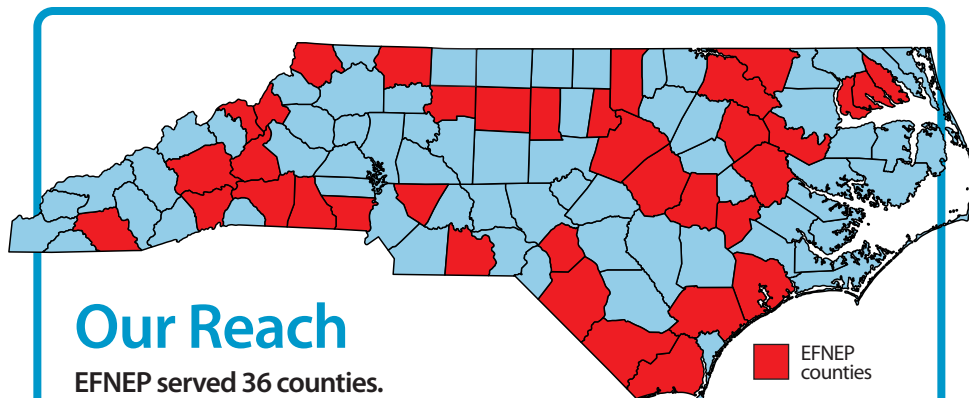


96% practice better food resource management.



85% have improved their food safety habits.

North Carolina EFNEP programs obtained over
\$551,278
 in funding and support from local efforts.



Our Reach

EFNEP served 36 counties.

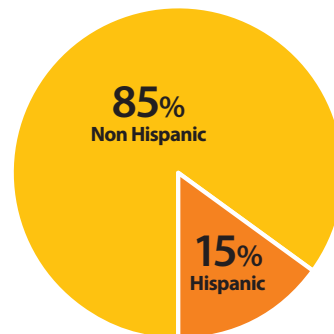
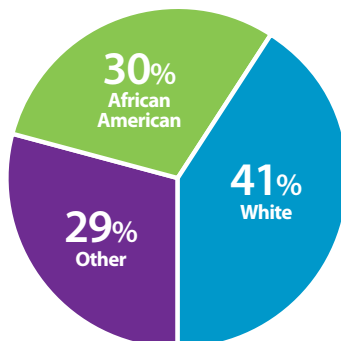
1,428

families enrolled in EFNEP.

13,560

youth participated in 4-H EFNEP.

North Carolina EFNEP Reaches a Broad Audience



EFNEP Provides Opportunities



45 jobs
 supporting the local workforce



873 volunteers committed
7,301 hours



\$253,995
 estimated value of volunteer time



Smart Shopping, Big Impact

Families across Alamance County felt the strain as grocery prices rose, making it difficult to cover expenses and stretch every food dollar. To help, EFNEP offers classes that teach practical tips for making healthy food choices on a budget. The lesson “Plan: Know What’s for Dinner” gives families specific, actionable strategies to better manage their food resources. Participants learned the importance of creating and sticking to a detailed shopping list, a simple yet effective way to reduce unnecessary spending. They also learned to identify “Manager Special” stickers on fresh food items as a smart store tactic that speeds up inventory turnover.

One participant, initially overwhelmed by a weekly grocery bill of over \$200, started writing down her grocery list and searching for specially priced items in the store, practicing strategies shared during class. **She successfully lowered her grocery expenses to \$80–\$120 a week, a significant savings that suited her family’s tight budget.**

Grateful for these strategies’ positive impact, the participant said that lower grocery costs eased her financial burden, allowing her to allocate resources to other urgent family needs.

This inspiring story shows how EFNEP helps Alamance County residents overcome economic challenges, make informed decisions, and see real improvements in their daily lives.



Getting Back in Motion

In Mitchell County, one woman faced serious health issues. Years ago, she successfully lost weight and managed her diabetes. However, after personal setbacks, she regained much of the weight, which caused chronic pain in her knees and back and left her diabetes unmanaged. She felt discouraged and unsure how to restart her journey toward better health, especially given her limited mobility and ongoing pain. Her situation highlighted the need for supportive, accessible wellness programs that meet people where they are both physically and emotionally.



Through EFNEP, she found renewed hope. The “Move More” activities, designed to be gentle and low-impact, were perfect for her physical limitations. She started to incorporate more movement into her daily routine, beginning small. **“I have started working out in my living room in the mornings a few days a week and walking in the evening,” she shared. “I feel better when I do this.” Her efforts quickly showed results. At a recent EFNEP session, she shared that her doctor reported a six-pound weight loss.**

Encouraged by her progress, she is more motivated than ever to keep increasing her activity and work toward controlling her diabetes. She has even noted specific EFNEP exercises to include as part of her ongoing routine. Her story is a powerful example of how gradual, consistent changes can lead to meaningful improvements in health and well-being.



Fueling Futures

In today’s world of fast food, sedentary lifestyles, and endless screen time, many students face a significant knowledge gap when it comes to basic nutrition and healthy habits. Without essential skills in meal prep, food safety, and balanced eating, young people are often unprepared to make informed choices that support long-term health. In Halifax County, this issue was addressed through EFNEP, which introduced its “Fuel for Life” curriculum to local ninth-grade classrooms. Over six weeks, students participated in hands-on lessons that featured cooking demonstrations and food tastings, making nutrition education engaging, practical, and enjoyable. This approach aimed to reduce resistance to healthy foods, increase confidence in the kitchen, and connect healthy lifestyles to everyday routines.

The results were powerful. Students who were hesitant to try ingredients like spinach or cottage cheese were surprised to find they enjoyed nutritious dishes like the “One Pot Pasta,” changing their views on healthy food. More than just individual taste preferences, the broader outcomes were important: **75% of students improved their ability to make healthier food choices, 54% gained confidence in practicing food safety, and 67% reported increased physical activity.** These numbers show more than just behavior change; they indicate a shift in mindset. By giving youth practical skills and knowledge, **EFNEP helped create a foundation for healthier choices that extend beyond the classroom into homes and communities, emphasizing its vital role in shaping a healthier future generation.**

