Congressional District 4
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

What is EFNEP?
EFNEP serves limited-resource families with young children, school-age youth, and pregnant teens through a series of lessons offered by paraprofessionals and volunteers, many of whom are indigenous to the population. In 2019, EFNEP served 45 counties in North Carolina. Participants learned how to:

- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

EFNEP Reaches Diverse Audiences in District 4
In 2019:
- 353 families enrolled in EFNEP
- 769 participated in 4-H EFNEP
- 79% of EFNEP participants enrolled in one or more food assistance programs

North Carolina’s Challenges
- In North Carolina, 1 in 5 children live in poverty.
- North Carolina’s adult obesity rate is currently 32%.
- 15.2% of 2- to 4-year-olds from low-income families are obese. This makes us the 16th most obese state.
- North Carolina has the 15th highest rate of diabetes and the 11th highest rate of hypertension.

Volunteers Strengthen EFNEP
In 2019, 82 adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP’s ongoing success.

In 2019:
- 1,712 hours
- $25.43/hour
- $43,536 in-kind contribution

North Carolina’s Challenges
- In North Carolina, 1 in 5 children live in poverty.
- North Carolina’s adult obesity rate is currently 32%.
- 15.2% of 2- to 4-year-olds from low-income families are obese. This makes us the 16th most obese state.
- North Carolina has the 15th highest rate of diabetes and the 11th highest rate of hypertension.
EFNEP SUCCESS

Using a Meat Thermometer to Reduce Foodborne Illnesses

Pregnant women and children under five years old have a high risk for developing life threatening health problems as a result of eating contaminated food. This population is a primary audience of the Expanded Food and Nutrition Education Program (EFNEP). Orange County EFNEP partners with the Women, Infants, and Children (WIC) clinic to teach participants to better manage their food resources, choose and prepare healthy meals, increase daily physical activity, and practice safe food handling and preparation that includes correctly using a food thermometer.

According to pre-evaluations, many of the group participants do not use a thermometer when cooking. One participant, who was five months pregnant, shared that when she cooks meat, she knows it’s done by the color and length of time the meat has been cooking. She was surprised to learn that color doesn’t mean the meat is cooked and safe to eat. The EFNEP Educator demonstrated the proper way to take the temperature of food. This was the first time the participant had ever used a food thermometer. As a result of EFNEP, the participant now uses a thermometer rather than color to determine when meat is cooked, thus reducing her risk for foodborne illness.

EFNEP Graduate to College Student

Wake County EFNEP partnered with a group from NCWorks NextGen, a program that helps to increase the employability of young adults. Although EFNEP emphasizes healthy food choices and physical activity, the program also teaches participants about planning, budgeting, and time and organizational management, which are all critical to successful employment.

After the first session, one participant shared that he wanted to change his eating habits and become healthier. He was currently working two jobs and didn’t have time to eat healthy foods or exercise. The EFNEP Educator, noticing his enthusiasm, recruited him to be her volunteer at each class. He showed up 15 minutes before each session to help set up and prepare for the food demonstration and stayed after to help clean up. During each session, he encouraged the other participants to share and engage in the lesson. His leadership skills helped make the class a success.

After completing EFNEP, the participant learned to plan his meals for the week choosing healthier options. He disciplined himself to be more active each day which gave him the energy to manage a full work schedule. The confidence he gained while volunteering for EFNEP and the lessons he learned motivated him to pursue a college education. As a result, he is now majoring in nutrition at a nearby university.