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

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.

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 Makes a Real Difference in Franklin County

97% of EFNEP participants improved dietary intake.
97% now practice daily physical activity.
96% practice better food resource management.
98% have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2019, 45 adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP’s ongoing success.

291 hours
$25.43/hour
$7,405 in-kind contribution
EFNEP SUCCESS

**EFNEP’s Partnership with Franklin County Schools Encourages Students to Try Fresh Fruits**

Franklin County Elementary Schools are working hard to educate students about healthy nutrition choices. Many students do not have access to fresh fruits and vegetables at home. During Spring 2019, EFNEP began nutrition education school enrichment classes for the students at the school. Students were engaged in physical activity and tried many new recipes. At least 300 students tried a delicious hummus recipe for the first time during EFNEP youth classes. After EFNEP’s six-week program, many students reported that they are now eating the daily recommended cups of fresh fruits and vegetables.

The changes didn’t end with the personal changes made by the students. The school environment also made changes that made fresh fruits and vegetables more accessible to the students during school. After the EFNEP educator completed the program in several schools, the Franklin County School System incorporated the Fresh Fruits and Vegetables program, which provides fruits and vegetables for snacks. This program benefits many Franklin County students who live in poverty. Due to low-income and strict budgets, parents cannot afford to purchase fresh fruits and vegetables. EFNEP and the Fresh Fruits and Vegetables program provides a daily opportunity for all Franklin County students to eat fresh fruits and vegetables.

76% of participating families made positive changes and became more physically active. After completing EFNEP classes, participants expressed that they are more confident in the kitchen and pre and post food recalls showed that they now eat 69% more fruits and vegetables than before.

Broad Community Center has been a place of fun and fellowship for many years. The Center works hard to provide essential needs for their residents. Through this partnership, the Center and EFNEP work together to increase food security through learning new skills in food resource management and food preparation for the families served. The participating families have shared that this is a valuable partnership to them and to the members of their community.

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