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.

**Guilford County**

Supporting North Carolina’s Families with Greatest Needs Since 1969

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 Guilford County**

In 2019: 42 families enrolled in EFNEP, 377 participated in 4-H EFNEP, and 74% of EFNEP participants enrolled in one or more food assistance programs.

**Volunteers Strengthen EFNEP**

In 2019, 32 adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP’s ongoing success.

**WHAT IS EFNEP?**

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
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**EFNEP Makes a Real Difference in Guilford County**

- 84% of EFNEP participants improved dietary intake.
- 56% now practice daily physical activity.
- 43% practice better food resource management.
- 49% have improved their food safety habits.

**Volunteers Strengthen EFNEP**

In 2019, 32 adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP’s ongoing success.
EFNEP Helps Parents Make Lifelong Changes

During a recent series of EFNEP lessons, two participants shared:

“Before taking the EFNEP class I never thought about how cross contamination can occur in the grocery store if I don’t pack my cart correctly. I used to just pile my groceries in the cart in whatever order I picked them up. After the ‘Fix It Safe’ lesson I learned you should always keep your meats and cheeses separate from your fresh produce and dry goods in your grocery cart. I also learned about the danger zone and how meats have to be cooked to 165°F Fahrenheit to ensure they are safe for eating. Now I’m able to safely pack my grocery cart, store my groceries, and prepare meals without the fear of getting someone sick from cross contamination.”

— EFNEP Adult Participant

“Before taking the EFNEP classes, I didn’t exercise much except for the occasional... outdoor gardening. After the ‘Moving More Every Day’ lesson I was able to increase my physical activity daily by doing simple things around the house like dancing with my kids, taking a walk after dinner, and walking indoors with the family. Since completing EFNEP classes I’ve increased my physical activity up to an hour a day!”

— EFNEP Adult Participant

EFNEP Youth Increases Family’s Food Safety Practices at Home

“Before taking the EFNEP class, my child had very little interest in helping and using some things in the kitchen. Since she has been taking the class, my child is really talking a lot about what she is learning and using some things in the kitchen. Food safety is one of many things that she reminds us of such as, do not leave cooked food out more than two hours. It is exciting to hear about and see her put into action what she is learning.”

— Parent of youth participant, Guilford County

EFNEP Helps Youth Learn to Eat New Vegetables

“My child has never been one to eat green peppers or mozzarella cheese. She came to the first EFNEP class excited, where she had made Food Group Funny Face which has green pepper and mozzarella cheese. She was ready to go home and make it for supper. I asked the EFNEP teacher if my child had eaten the green pepper and mozzarella cheese. The teacher said that she had eaten it without a complaint.”

— Parent of youth participant, Guilford County