Onslow 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

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

In 2019:
NC Cooperative Extension
2019 REPORT

Volunteers Strengthen EFNEP
In 2019, 11 adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP’s ongoing success.

EFNEP Makes a Real Difference in Onslow County

83% of EFNEP participants improved dietary intake.

66% now practice daily physical activity.

71% practice better food resource management.

76% have improved their food safety habits.

EFNEP Reaches Diverse Audiences in Onslow County
In 2019:
59 families enrolled in EFNEP
50 participants in 4-H EFNEP
88% of EFNEP participants enrolled in one or more food assistance programs.

87% Caucasian
4% African American
9% Other
25% Hispanic
75% Non Hispanic

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 Helps Food Bank Couple Make Healthy Recipes with Foods They Receive

Once a month the EFNEP Educator sets up a table at the Food Bank in Sneads Ferry. She promotes the program by giving out handouts (with healthy recipes) and makes a recipe with the foods received regularly (canned foods including vegetables and beans) by pantry clients. On this particular day, the recipe was a homemade salsa.

A couple approached the educator and wanted to know more about the handout. The educator explained that one side of the handout included tips on healthy living, and the other side had healthy recipes. The educator offered them a sample of the salsa, and they were excited to try it! She gave them a copy of the handout and explained how easy the salsa was to make, and that it’s healthy! She also gave them some of the other handouts and encouraged them to try some of the recipes at home.

The wife explained that sometimes she runs out of recipe ideas and she was happy to get new ones to try. She also mentioned that her grandchildren lived with them and were picky eaters who didn’t like to try new foods.

The following month the same couple approached the educator and was very excited to let her know that they had made the salsa at home. It was such a hit that their grandchildren asked for it to be made several times afterwards. They also stated that they had found new ways to use some of the canned foods received through the food pantry as a result of the information the EFNEP Educator had shared.

Utilizing food demonstrations and tastings to aid nutrition education at food distribution sites is a strategy that helps meet families in need where they are. EFNEP was able to help this couple add a healthier version of salsa as a snack and incorporate the other canned foods received through the pantry in their menu planning.