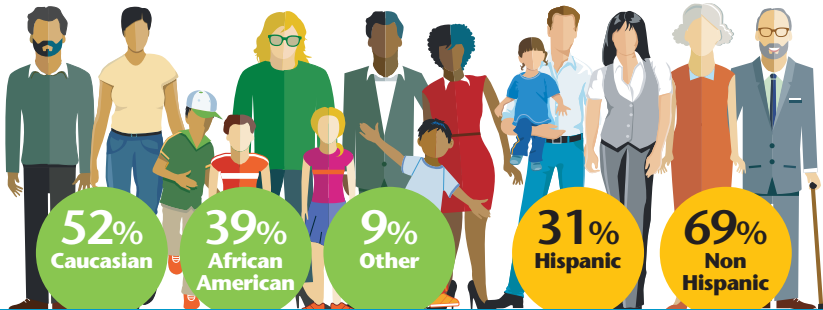


NC Cooperative Extension 2020 REPORT

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 EFNEP Reaches Diverse Audiences

In 2020:

2,053 families enrolled in EFNEP **10,731** participated in 4-H EFNEP

85% of EFNEP participants enrolled in one or more food assistance programs.

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 2020, 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

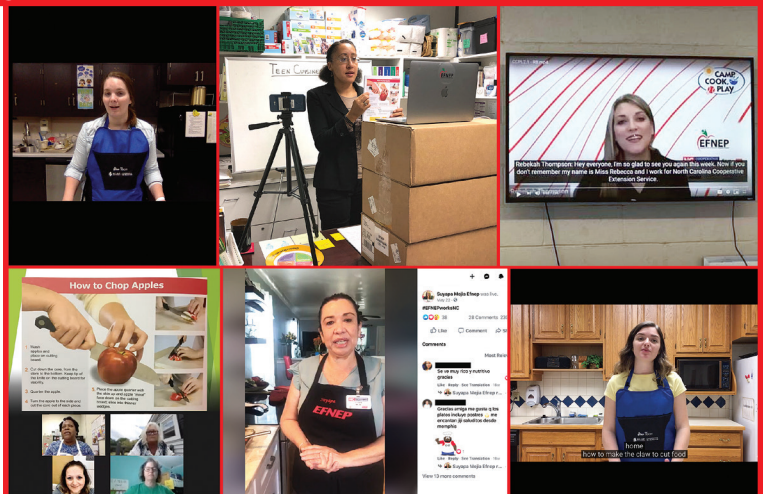
- 92%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 90%** practice better food resource management.
- 91%** have improved their food safety habits.

EFNEP Adapts to Reach Participants During the COVID-19 Pandemic

A collaboration between NC State's SNAP-Ed/Steps to Health, Local Foods and EFNEP resulted in **102,000** families receiving nutrition and food safety information through **264** emergency food distribution sites across the state.

3,177 low-income families and youth participated in the program using live remote and pre-recorded online lessons.

65,140 individuals viewed nutrition information via EFNEP state and county social media pages.



2020 NC Cooperative Extension Avery and Mitchell Counties Report

In Avery and Mitchell Counties, **393** individuals were reached through direct programming. An additional **354** low-income individuals were reached through supplemental outreach efforts.

Avery and Mitchell Counties EFNEP programs obtained **\$11,616** in funding and support from local efforts.

EFNEP SUCCESS



Family Learns Skill to Achieve Healthy Weight

According to the USDA, over the past four decades, food prepared away from home has almost doubled as a share of the average caloric intake of Americans. Many families have grown to rely on the convenience of these foods. Unfortunately, food prepared away from home often contains fewer fruits, vegetables, whole grains, and dairy products. It has more calories, fat, and sodium than food prepared at home. Consuming these foods are also associated with obesity.

To combat this issue in Avery County, the Expanded Food and Nutrition Education Program (EFNEP) provided a ten-session series of classes. The classes included information on preparing and eating more meals at home, making healthy food and drink choices, increasing physical activity, and limiting TV time. There was also an emphasis on planning skills, such as planning healthy meals and snacks instead of eating out.

At the close of the series, one participant stated that she had achieved a total weight loss of 12 pounds. Her husband attended each class with her, and they often brought grandchildren along to listen to the different topics. They reported that every family member who attended had significant changes in their habits and diet, due to the EFNEP lessons. The couple said that for the two months the series ran they had not consumed ANY sodas or fast foods, which had been a staple in the past. From the encouragement in the class, the husband had learned how to read labels and eat healthier to aid in controlling his diabetes. The Program Assistant worked with the class on meal planning, goal writing, and using resources wisely. The couple reported that they were now saving more money than ever before on their food budget and were eating healthier than ever before using EFNEP provided recipes. They were encouraged that with EFNEP's guidance, they would be able to continue working on their diet goals for a healthier future for their family.

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