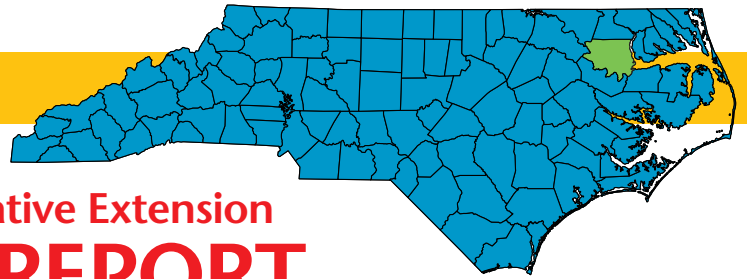




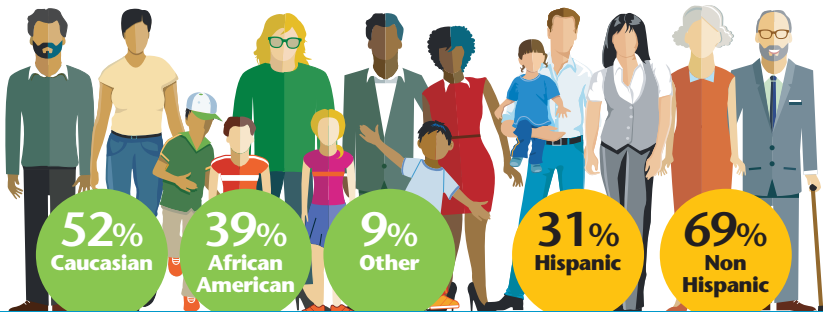
NC Cooperative Extension 2020 REPORT



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

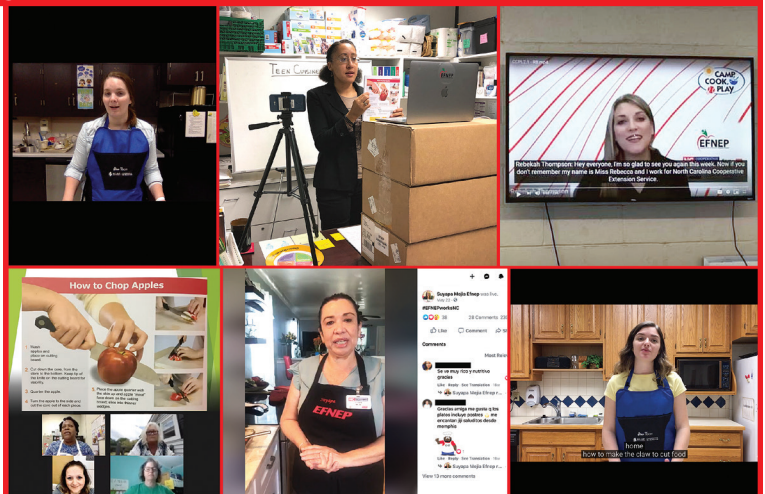
- 92%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 90%** practice better food resource management.
- 91%** have improved their food safety habits.

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 Bertie County Report

In Bertie County, **828** individuals were reached through direct programming. An additional **12,339** low-income individuals were reached through supplemental outreach efforts.

Bertie County EFNEP programs obtained **\$42,200** in funding and support from local efforts.

EFNEP SUCCESS



Teaching Youth to Try New Foods Cutting Down on Food Waste

In Bertie County, there are over 500 food-insecure children. EFNEP teaches children MyPlate, which is a guide to healthy eating. While teaching EFNEP to first-grade classes at Windsor Elementary, the school hosted Breakfast Week. Each day of that week, the children ate breakfast foods for lunch. Many of the children had never eaten several of the foods they were served and they were hesitant to try them. The teacher reminded the children of the EFNEP Educator's rule for new foods, which is "Always Try Just One Bite." The teacher played one of the games the EFNEP Educator had previously played - trying new foods and stating which food group the foods belong in. The teacher was so proud of her students because they placed each food in the correct food group. The teacher said, "The children even figured out grits were a grain." Her students had never eaten grits. Thanks to the EFNEP classes being taught at this school, and the teacher's support, it became a fun week of trying new foods and food waste was reduced. Before participating in EFNEP, these children would have thrown the new foods out without even trying them. EFNEP does stop food waste!

Fix It Safe for a Healthy Family

The EFNEP Educator taught an Adult series with the workers of a local chicken processing plant. During the Fix It Safe lesson, the participants learned different ways to prepare, cook, and store food correctly. The participants were shocked to learn how fast bacteria grow. The participants stated that they always left meat out on the counter to thaw, but because of the food safety information they learned, they now thaw their meat in the refrigerator. Participants also stated that they used to look at meat to see if it was done and had never used a food thermometer. They now know the only safe way to check if their meat is cooked to the right temperature is with a food thermometer. By making these few changes of thawing meat in the refrigerator and using a food thermometer to see if the food is cooked to the proper temperature, they will help to keep their families food safe.

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