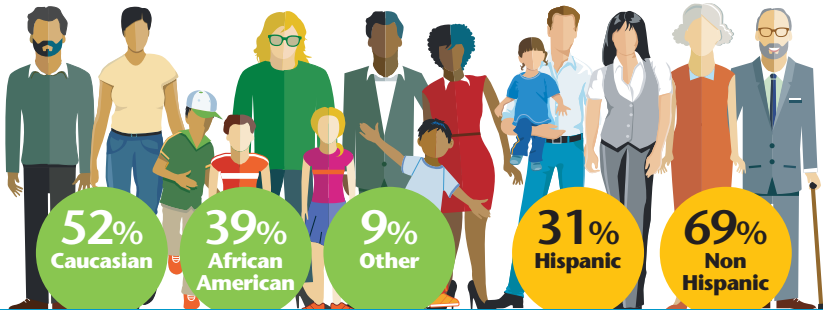


NC Cooperative Extension 2020 REPORT

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.

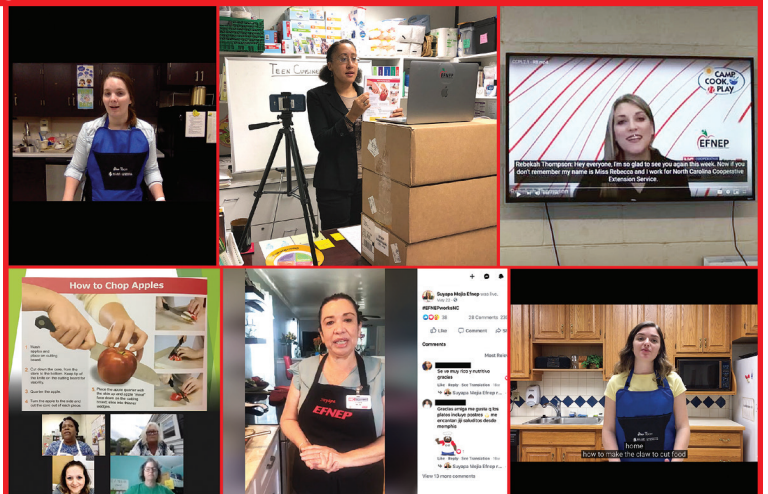
91% have improved their food safety habits.

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 Brunswick County Report

In Brunswick County, 46 individuals were reached through direct programming. An additional 6,000 low-income individuals were reached through supplemental outreach efforts.

Brunswick County EFNEP programs obtained **\$19,320** in funding and support from local efforts.

EFNEP SUCCESS

Plant It, Grow It, Eat It

Due to the stay-at-home order, students across North Carolina were faced with new challenges including a decrease in hands-on learning opportunities and obstacles related to school meals. In Brunswick County, 100% of students receive free breakfast and lunch through Brunswick County Schools and 26.1% of Brunswick County youth are living in poverty. Local organizations and the school system quickly pulled resources together to get food to students, but the gap in hands-on learning remained.

The Brunswick County Extension Office saw an opportunity to fill this gap with food access and availability at the forefront. By partnering with two local backpack programs, a variety of vegetable and fruit seeds were distributed to students in need. Different seed packets were distributed weekly along with educational information. Tips on how to grow the seeds and recipes featuring the fruit or vegetable were also included in the backpacks. Online learning resources were made available to help the students extend their learning experience.

Approximately 600 seed packets were distributed to youth in Brunswick County. During these early weeks of the stay-at-home order, the 4-H EFNEP educator, the 4-H agent, and the horticulture team worked together to safely provide limited-resource youth and their families with seeds and education to help them improve both their food security and overall health. This led to partnerships and information-sharing with other Extension offices across the state.



EFNEP Goes the Extra Mile to Reach Low-income Youth during COVID

Due to COVID-19, traditional EFNEP programming has drastically changed. Nutrition education classes are now being held virtually, and in most cases, youth have been given access to laptops/tablets through their schools. While this option has worked fairly well, the school year has ended. Any equipment assigned to students, has been returned. So, even youth who desire to participate in nutrition classes, are not able to do so because they do not have the needed equipment.

Recently, *For Kids Only Childcare*, a community partner contacted the EFNEP educator to discuss summer programming options. The educator explained that she would love to conduct classes with participants. The partnership is a natural choice to offer nutrition education to their youth because the organization helps families by providing childcare to parents returning to work and summer youth programming.

Unfortunately, *For Kids Only Childcare* did not have tablets or computers for virtual programming. The educator immediately went into action as she did not want to miss the opportunity to partner with the group. She reached out to a contact at the local Rotary Club asking if he knew of partner organizations that would help provide tablets or laptops to help fill this need. The EFNEP Educator was referred to a donor who donated six working tablets that could be used to conduct virtual programming.

In addition, the Extension office in Brunswick County agreed to loan the organization several other tablets and a projector to ensure that all 35 of their youth participants can safely participate in virtual nutrition programming. As a result, these youth are learning new knowledge and making changes to improve their overall health.

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