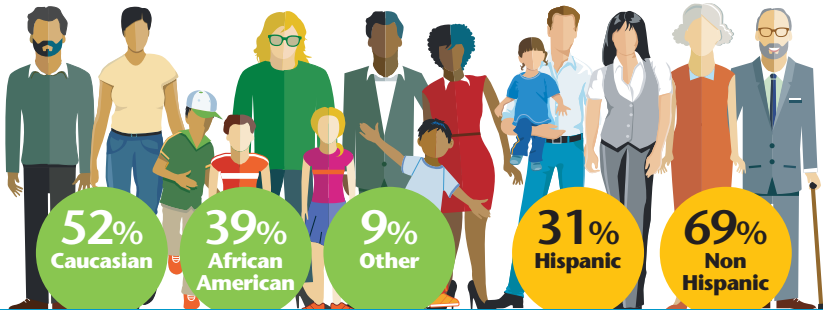


# NC Cooperative Extension 2020 REPORT

## 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.

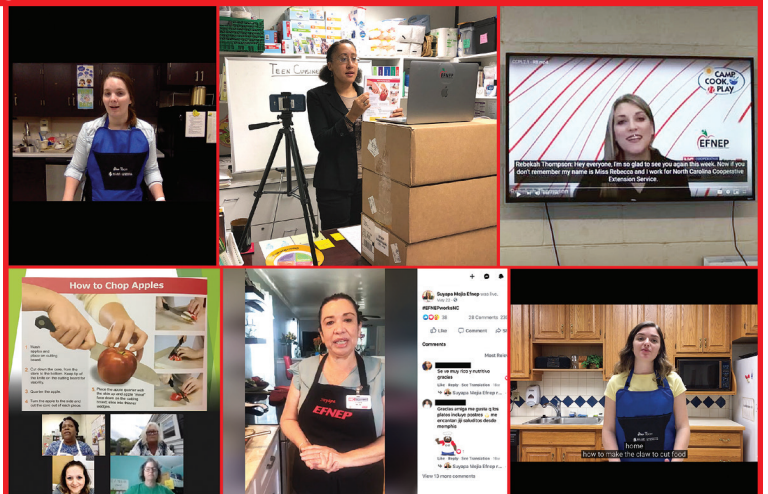
**91%** have improved their food safety habits.

## 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 Cabarrus County Report

In Cabarrus County,

**517** individuals were reached through direct programming.

Cabarrus County EFNEP programs obtained in funding and support from local efforts.

**\$15,558**

## EFNEP SUCCESS



## EFNEP Helps Youth Learn to Make Healthy Choices

Teaching youth how to read a nutrition label is a featured part of the EFNEP curriculum for students beginning in upper elementary grades. One of the activities the EFNEP Educator highlights during the lesson is a comparison between empty calorie foods and nutrient dense foods. In this activity, the youth examine a Nutrition Facts Label for popular sandwich cookies and look at the calories consumed based on the serving size. They look specifically at added sugar content and vitamins and minerals. They then compare it to a healthy, nutrient dense snack, like strawberries, and see the difference in lower calories, more vitamins and minerals, more fiber, and the increased serving size for the same amount of calories.

This illustration makes it very easy for them to understand why nutrition labels are valuable. Out of the 18 students that recently shared learned through this activity, 10 indicated at the end of instruction that they learned nutrition labels were important to overall health and they would begin to read them. One student wrote, *"I also plan to choose healthy foods and then read the nutrition labels so I can live a healthy life."*

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