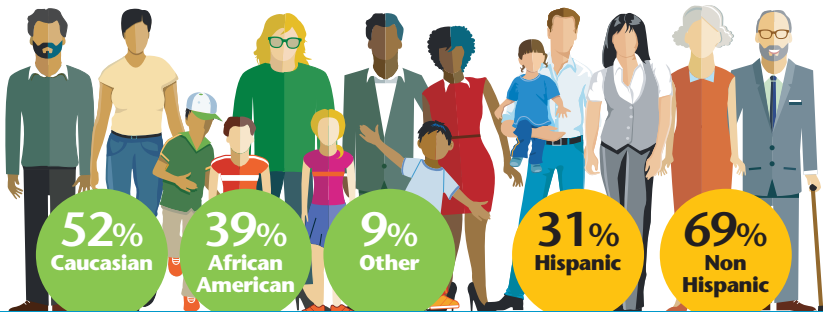


NC Cooperative Extension 2020 REPORT

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.

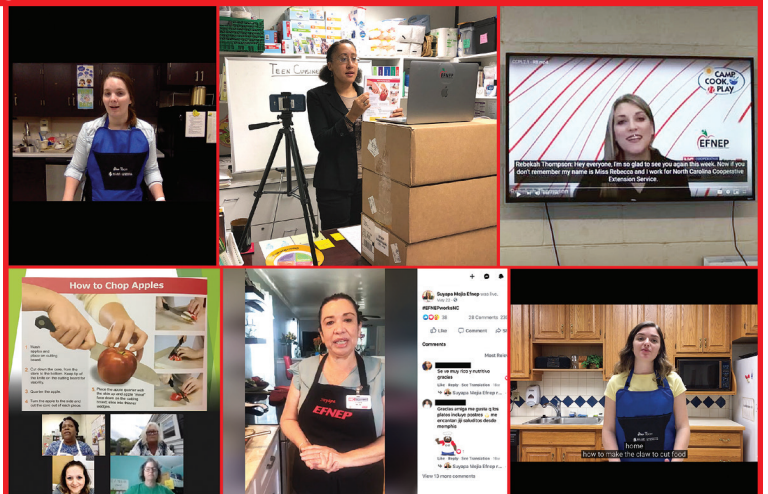
91% have improved their food safety habits.

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 Camden and Pasquotank Counties Report

In Camden and Pasquotank Counties, **560** individuals were reached through direct programming. An additional **5,760** low-income individuals were reached through supplemental outreach efforts.

Camden and Pasquotank Counties EFNEP programs obtained **\$22,104** in funding and support from local efforts.

EFNEP SUCCESS



Mother and Daughter Participate in Live Zoom Series

During the stay-at-home order as a result of the pandemic, EFNEP responded to the need for nutrition education offered to families using remote technology delivery. In Pasquotank County, the EFNEP educator offered live Zoom lessons to families using the Families Eating Smart and Moving More curriculum. One participant shared how the lessons helped her and her daughter. Her testimony is below.

It has been difficult to balance teleworking and homeschooling when my family was so used to being on a schedule with going to work, daycare, school, and extra activities. My daughter is nine years old and loves to do hands-on activities to include crafts and cooking. When I found out about the Expanded

Food and Nutrition Education Program's (EFNEP) weekly Zoom sessions, I signed up immediately. I was excited to know that we were not only learning healthy eating habits but learning how my daughter can be independent and comfortable in the kitchen. Although the classes were designed for adults, the educator adapted her presentation to include our children. My daughter is a picky eater and each session she has participated in gives her a chance to try new food items. She has so enjoyed showing her finished product during the classes as we try the recipes together. It has been a great help to me in understanding different things that can be substituted or added to make a meal more appealing to her. As a family we have used this new knowledge daily as we make our shopping list and meal prep for the week. The Zoom sessions have given us not only something to look forward to on Thursday afternoons, but it has provided something steady in this time of uncertainties.

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