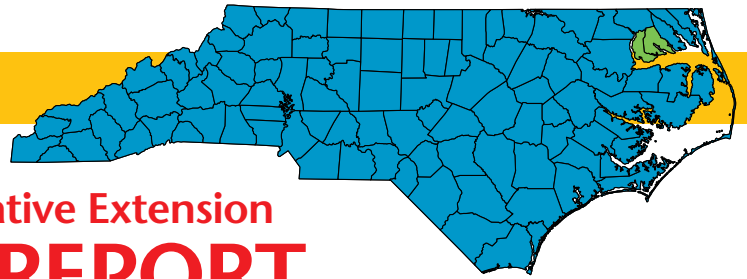




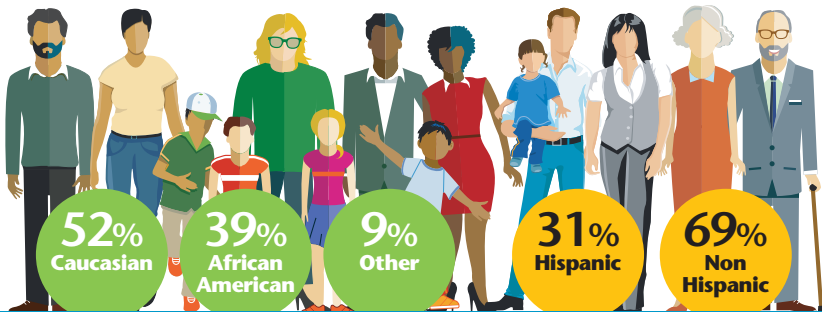
NC Cooperative Extension 2020 REPORT



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

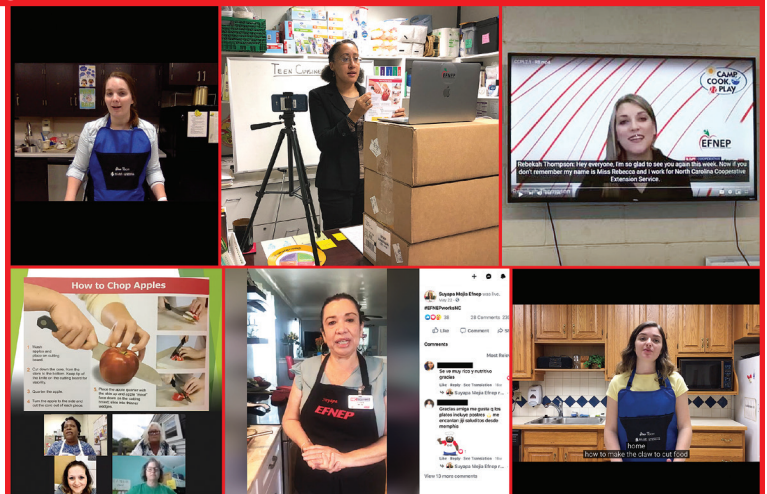
- 92%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 90%** practice better food resource management.
- 91%** have improved their food safety habits.

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 Chowan and Perquimans Counties Report

In Chowan and Perquimans Counties, **673** individuals were reached through direct programming. An additional **620** low-income individuals were reached through supplemental outreach efforts.

Chowan and Perquimans Counties EFNEP programs obtained **\$22,142** in funding and support from local efforts.

EFNEP SUCCESS



Transitioning from In-School to Home: EFNEP Impacts on Family and Learning

While shopping at a local store, a school-aged child and her mother approached the EFNEP educator to let them know that her child enjoyed the EFNEP classes that she had participated in at her school. The mother told the educator that her daughter was so excited each afternoon when she got home from school. She talked about the recipes that the educator had prepared in class and the nutrition information that she had learned. Her daughter loved participating in the fun and interactive classes. The mother shared that she and her daughter had prepared several of the EFNEP recipes together at home for their family to eat.

Her daughter asked if the educator would be teaching any more lessons since school was no longer meeting in person at the time of their encounter. The educator shared two options for the family. The first was video lessons for the youth that were being shared through their teachers at school. This allowed the daughter to continue and complete her EFNEP series. The educator also shared that her Facebook page was available for information and recipes that the mother could use to help plan and prepare family meals. The mother and daughter were very excited to learn of these options for the daughter to complete her EFNEP series and for the family to access healthy and affordable recipes that they could prepare at home. The mother and daughter are now staying engaged with EFNEP through Facebook.

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