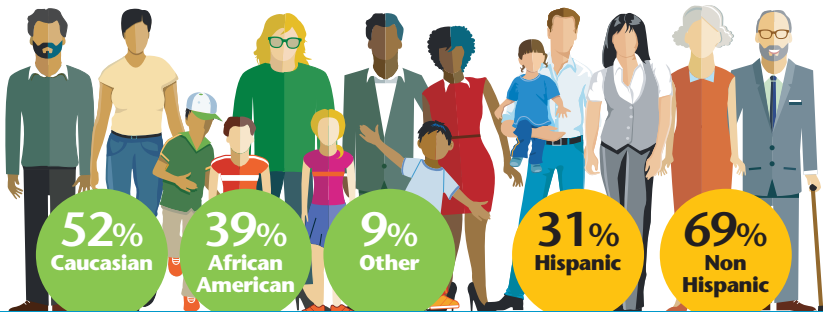


# NC Cooperative Extension 2020 REPORT

## 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

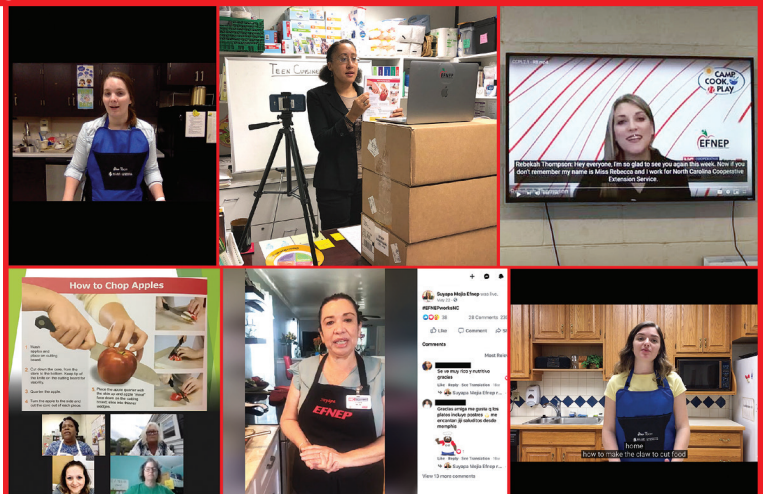
- 92%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 90%** practice better food resource management.
- 91%** have improved their food safety habits.

## 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 Duplin County Report

In Duplin County, **1,471** individuals were reached through direct programming. An additional **15** low-income individuals were reached through supplemental outreach efforts.

Duplin County EFNEP programs obtained **\$23,513** in funding and support from local efforts.

## EFNEP SUCCESS



### Virtual Summer Camp During Pandemic

The coronavirus pandemic forced many summer camps to close this year leaving youth (and their parents) wondering what they would do. Jay, like many other youths, was looking forward to participating in NC Cooperative Extension's Summer Fun Camps. To her disappointment, face-to-face camps were cancelled. However, she learned of a virtual EFNEP Camp and signed up!

The week long camp included sessions on nutrition, food demonstrations and move more activities. During the sessions, Jay was very engaged and especially enjoyed the videos! As part of the camp, participants could also complete a *Healthy Recipe Challenge*, which included making a food demonstration video. Jay was so excited about the challenge. She created a dynamic video of herself making a healthy and nutritious snack. Her video won second place! At the completion of the camp, Jay stated that she loves to experiment in the kitchen now and prepares her own healthy snacks all the time!

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