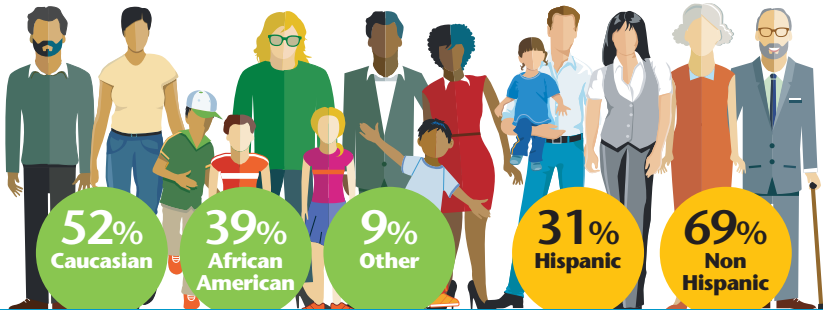


# NC Cooperative Extension 2020 REPORT

## 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

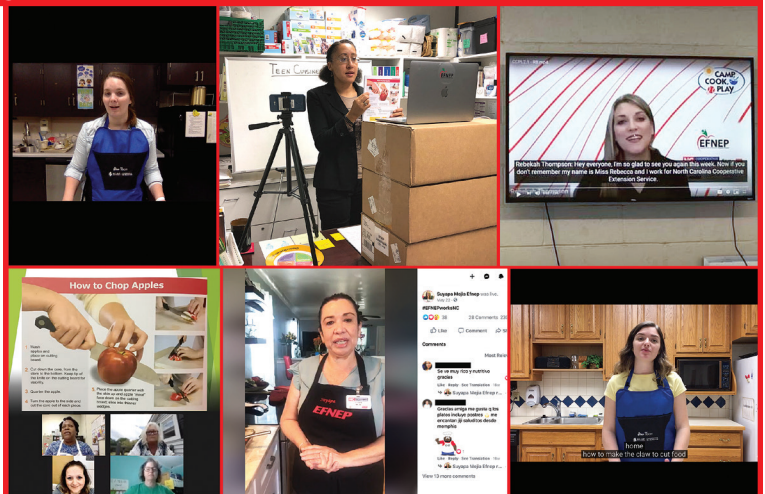
- 92%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 90%** practice better food resource management.
- 91%** have improved their food safety habits.

## 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 Edgecombe County Report

In Edgecombe County, **468** individuals were reached through direct programming. An additional **16,188** low-income individuals were reached through supplemental outreach efforts.

Edgecombe County EFNEP programs obtained **\$21,926** in funding and support from local efforts.

## EFNEP SUCCESS



### Partnership with Food Distribution Group Helps Families Stretch Food Resources

EFNEP joined a local food collaborative over the summer. In doing so, the EFNEP Educator found out about a group of adults that needed recipe assistance. They wanted to learn how to cook some of the unfamiliar foods they were receiving in local produce boxes. EFNEP came to the rescue and provided low cost, healthy recipes, and nutrition education to these adults. Participants looked forward to the weekly recipes and discussions on how to best use cooking techniques to savor their food. Parents expressed appreciation for the simple recipes that were parent friendly and kid approved. Without their newly gained knowledge of learning how to stretch the food they received, many of these adults would have gone hungry. The collaboration with other like-minded organizations allowed EFNEP to best access and assist the community.

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