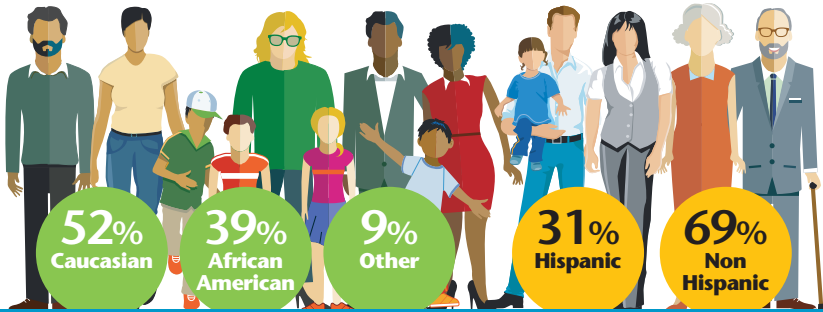


NC Cooperative Extension 2020 REPORT

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

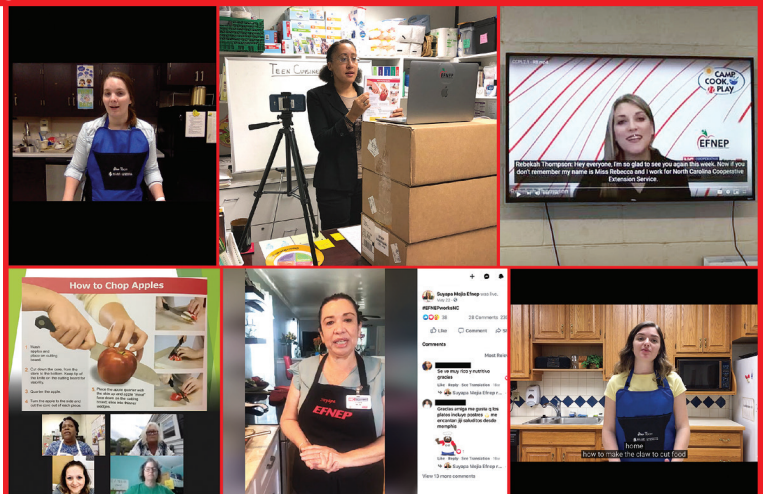
- 92%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 90%** practice better food resource management.
- 91%** have improved their food safety habits.

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 Forsyth County Report

In Forsyth County, **1,356** individuals were reached through direct programming. An additional **3** low-income individuals were reached through supplemental outreach efforts.

Forsyth County EFNEP programs obtained **\$11,340** in funding and support from local efforts.

EFNEP SUCCESS



Remote Success Story: Paisley Middle School Teen Cuisine Group

The EFNEP Educator in Forsyth County started teaching Teen Cuisine at Paisley Middle School. The Teens were very eager to learn and asked several questions about if a certain food was healthier than another one.

When the stay-at-home orders started, the teacher reached out to the educator to see how they could finish the class. The Educator recorded several lessons and sent them to the teacher along with the post-test survey link. The teacher later shared that her students were excited to continue the classes and they enjoyed the food demonstrations. The Educator was able to graduate 36 participants and the pre/post test showed an improvement in skills 97% of participants in diet quality, 58% increased their physical activity. 67% improved their food safety. This was a great example on how EFNEP still made a difference in the time of social distancing.



EFNEP Helps Mothers Choose Healthier, Safe Items for Their Families

In the recent series of EFNEP lessons, a group of moms were concerned about safety practices in their kitchens. The EFNEP Educator talked with them about the importance of following safe practices and the participants learned about kitchen safety during the *Fix It Safe* lesson. By practicing what they learned in the lesson during the hands-on component of the groups' food preparation, the participants learned how to clean the surfaces of the counters and the fridge and how to avoid accidents inside their kitchen due to unsafe practices.

Other valuable information they learned included: how to defrost meat, how to check for expired and unsafe foods, as well as how to safely store fruits and vegetables to stretch their food dollars. The group stated that they applied what they learned when they shop in the grocery store and at home.

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