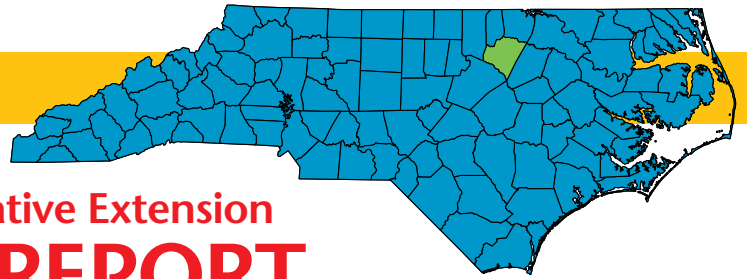




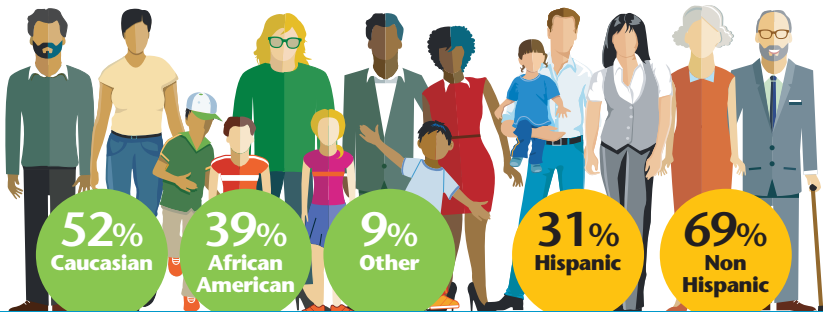
# NC Cooperative Extension 2020 REPORT



## 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

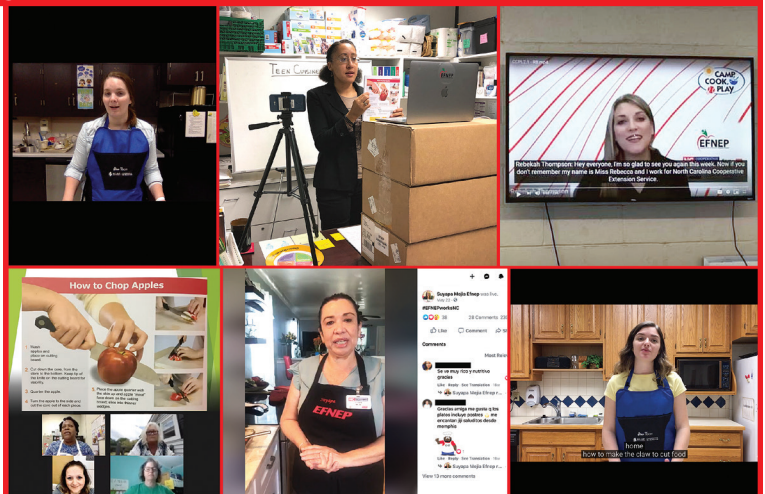
- 92%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 90%** practice better food resource management.
- 91%** have improved their food safety habits.

## 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 Franklin County Report

In Franklin County, **341** individuals were reached through direct programming. An additional **348** low-income individuals were reached through supplemental outreach efforts.

Franklin County EFNEP programs obtained **\$25,534** in funding and support from local efforts.

## EFNEP SUCCESS



### EFNEP Learns the Power of Virtual Learning

Converting to online learning due to the closing of Public Schools was a challenge for everyone across North Carolina. COVID-19 caught the world by surprise and was especially challenging for our school-age youth in Franklin County. The EFNEP Educator understood the importance of supporting the health of youth during this difficult time. EFNEP established a series of short cooking videos using affordable ingredients. Each video contains step-by-step recipe instructions, a description of the ingredients used, and food safety information. The videos were provided to teachers across Franklin County who reported that they have “been both phenomenal and beneficial to teach youth healthy cooking.”

EFNEP’s partnership with Franklin County Schools has created a strong virtual learning environment. In the Google Meet classrooms, EFNEP participants can view the videos at their leisure. Using this teaching method has increased youth participation numbers and parent involvement. Teachers and the EFNEP Educator can interact with youth using the online discussion board. Through this partnership, EFNEP continues to support nutrition education and good health for every student in Franklin County.

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