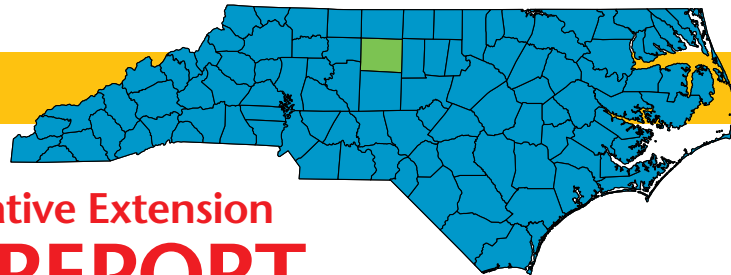




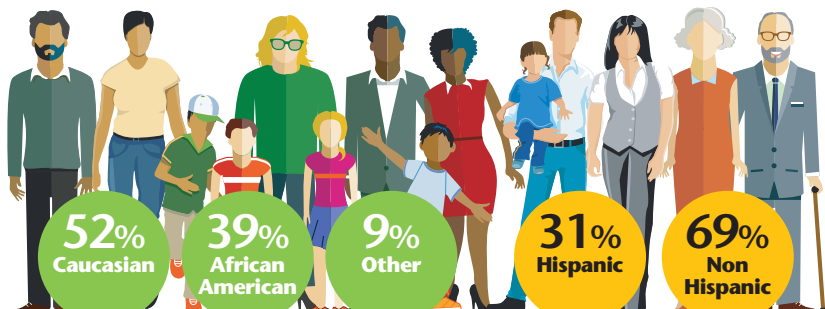
NC Cooperative Extension 2020 REPORT



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 Guilford County Report

In Guilford County, **970** individuals were reached through direct programming. One additional low-income individual was reached through supplemental outreach efforts.

Guilford County EFNEP programs obtained **\$67,447** in funding and support from local efforts.

EFNEP SUCCESS

Educational Recipe Cards Provided to Families at Summer Feeding Sites

Due to food insecurity in Guilford County during the stay-at-home order, there have been several food distribution sites set up at local schools. The Expanded Food and Nutrition Education Program and *Steps to Health*, the SNAP-Ed program at NC State University, partnered together to have a set of educational cards prepared with program information, COVID-19 preventive measures such as handwashing, cleaning, disinfection (in English and Spanish) and recipes to hand out at food distribution sites across the state.

After a referral from the local school system, the youth EFNEP Educator sought out agencies that would be able to distribute the recipe cards. One agency, Backpack Beginnings, a local, non-profit organization founded to deliver child-centric services to feed, comfort, and clothe children in need, requested cards to be included in their weekly food distribution.

As a result, 1800 packs of card sets were distributed through Backpack Beginnings. The EFNEP educator was onsite at weekly distributions to hand deliver the cards with food supplies and talk with families about how to prepare the recipes. She stated, *"Each person that I encountered was excited (about the cards), especially when I mentioned the recipes and they were very willing to take the cards."*

EFNEP Helps Mom Add More Vegetables to the Dinner Table

A participant in Guilford County's EFNEP series found herself taking time in the grocery store and reading the nutrition facts panel while shopping, to make filling and healthy choices for her family. Participants in the EFNEP series learned strategies on what to look for on the food label, how to decide how many servings you need, and how to build a healthy and filling plate by adding fruits, vegetables, and whole grains to lean proteins. Following each lesson, the EFNEP Educator challenged participants to add a new vegetable to a dish they already make and see how they like it. Participants reported weekly with each new item or recipe they tried.

One participant, a working single mom of two, shared that her children only get full off one dish that she makes and that she was tired of cooking the same thing. She wanted her growing boys to eat a variety of foods and also learn how to prepare their own food. As a result of EFNEP, she is now able to cook meals that the kids not only enjoy but also help to prepare with her. She beamed of excitement when she talked about how her four year old loves to tear up salad greens for dinner. Previously she had only been able to get them to eat chicken and rice casserole.

The participant shared that she hopes to continue expanding the variety of dishes her family will eat and enjoy. Due to EFNEP, she now has the information to help her continue making healthy lifestyle changes for her family at the dinner table. After the last class she said, *"I never thought to add simple vegetables to dishes I already make, but it really makes a difference!"*

Partnership to Reduce Food Waste and Encourage Fruit and Vegetable Consumption During COVID-19

The economic impact of the coronavirus pandemic has led to an increase in food insecurity across the nation. With a pre-COVID food insecurity rate of nearly 14% (Feeding America), Guilford County was not spared this increase. Out of the Garden Project's (OOTGP) mission remains to feed children and their families, and they were quick to step in to address the sudden increase in need. As of May 5, OOTGP had quadrupled the amount of food being distributed. Through various distributions and fresh mobile markets, they continued putting fresh fruits and vegetables into the hands of Guilford County residents struggling to access enough food to thrive. However, once the produce was in their hands, it was important to follow-up with education about proper storage and preparation to reduce food waste and encourage use of these fruits and vegetables.

Through a partnership with the Develop skills-Understand nutrition, Power up to fight obesity (D-UP, Inc.), an organization in High Point receiving food from OOTGP for distribution to their families, the educator saw an opportunity to share information about storage and preparation of fruits and vegetables that might be uncommon or unfamiliar. The educator began making "Here's How" videos, starting with pineapple, that demonstrated breakdown of the fruits or vegetables and featured an easy, healthy recipe featuring them. The videos were shared on Facebook and YouTube and received good feedback from Guilford County residents. The videos have been viewed over 350 times on various platforms. The educator reached out to OOTGP to see if they would be interested in sharing these videos as well to more precisely target their clients, and they were interested in forming a partnership.

Through the sharing of these videos, a fruitful partnership has formed between EFNEP and OOTGP. This partnership has the potential to deliver nutrition education materials and programming to Guilford County's most vulnerable populations both during and after the pandemic. The goal with these videos is to create a lasting change even beyond COVID-19 within the Guilford County food environment in which individuals are not afraid or intimidated to buy or receive unfamiliar fruits and vegetables. This will lead to a decrease in food waste and an increase in consumption of fresh fruits and vegetables that contain a variety of nutrients necessary for a healthy life. As the videos are shared by organizations both within and outside of North Carolina, the impact has potential to spread beyond NC state borders.

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