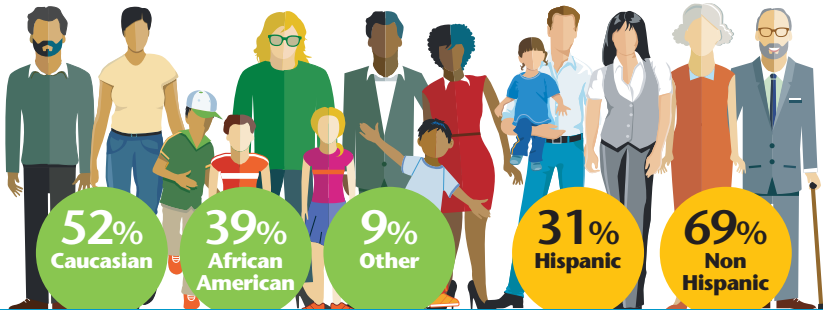


NC Cooperative Extension 2020 REPORT

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

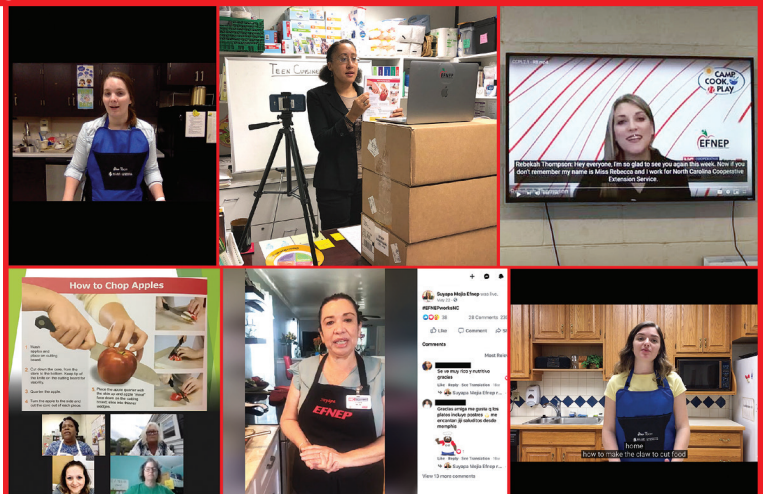
- 92%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 90%** practice better food resource management.
- 91%** have improved their food safety habits.

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 Halifax County Report

In Halifax County, **25** individuals were reached through direct programming. An additional **288** low-income individuals were reached through supplemental outreach efforts.

Halifax County EFNEP programs obtained **\$6,800** in funding and support from local efforts.

EFNEP SUCCESS



Those Mean Nasty Germs

Handwashing really is our best defense against many kinds of bacteria and viruses that cause infection. However, it is only effective at killing germs if done properly. Germs spread rapidly between children prompting outbreaks of flu, colds, and other diseases. The EFNEP Educator found that younger children typically don't like to take the time to wash their hands, but there are ways to make it fun. The best way to encourage handwashing is through an educational yet fun approach. The Halifax County EFNEP series stressed the importance of handwashing with each of its six lessons. The first week the EFNEP Educator discovered just how good the children were at washing their hands using Glo-Germ lotion and a black light. The children loved the hands-on experiment. One can only imagine how surprised those first graders were when they checked their hands under a blacklight only to say "yuck" to those nasty, but invisible germs. Each week the EFNEP Educator discussed and practiced handwashing with the students. Teachers and parents told the EFNEP Educator that the children were now practicing proper handwashing techniques at home and school. Teachers noticed that absentees were down because children are not spreading those germs. The 88 first graders at Kipp Halifax were given a pre and post evaluation and it showed an increase from 13% to 100% for children washing their hands before eating. Way to go Kipp Cubs! Keep washing those hands and singing the "Squeaky Clean Hands Song" every day.

Virtual Teen Cuisine During COVID-19

The EFNEP Educator in Halifax county started teaching a virtual Teen Cuisine class in July. This was one of the first virtual classes of the Teen Cuisine program taught to students due to the COVID-19 pandemic. Traditionally, this program is conducted in person, however; the educator worked to develop a series of videos to share virtually with a local summer camp. These videos demonstrated how to cook the recipe and walked them through each step of the recipe. Thanks to help from the camp staff, youth were able to use electric skillets and all the equipment needed to recreate their own recipes. With the help of staff and instructions from the educator, youth were able to safely follow and cook the recipes on their own. As a result of these lessons, the youth gained the confidence they needed to practice these new skills at home and cook the recipe for their families. Additionally, the staff noticed that youth consistently showed better eating by selecting more fruits and vegetables to eat during snack and meals at camp.

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