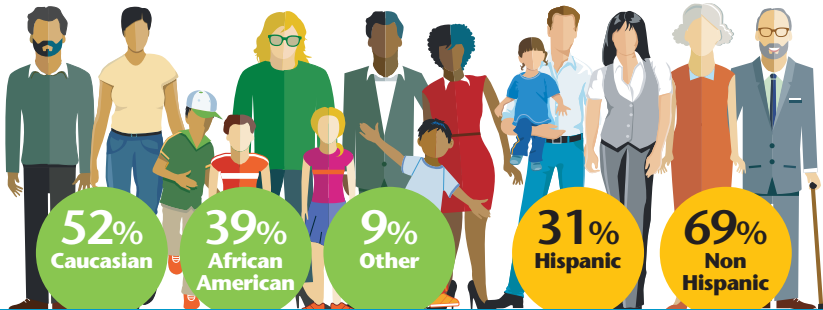


# NC Cooperative Extension 2020 REPORT

## 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

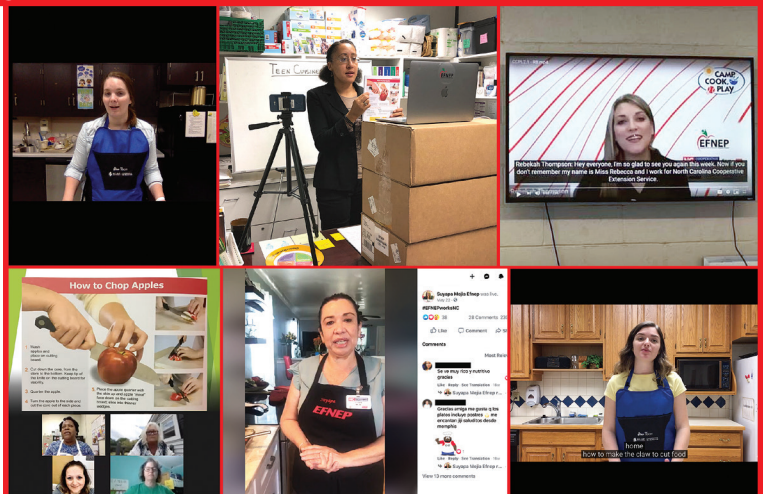
- 92%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 90%** practice better food resource management.
- 91%** have improved their food safety habits.

## 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 Henderson County Report

In Henderson County,

**357** individuals were reached through direct programming.

Henderson County EFNEP programs obtained **\$17,100** in funding and support from local efforts.

## EFNEP SUCCESS



## EFNEP Educator Encourages Engagement

In Henderson County, EFNEP is providing lessons to all students enrolled at Dana Elementary. Dana Elementary's school population is a mix of ethnicities, primarily the Latino community. Currently over 50 percent of the students who attend Dana Elementary are of Latino descent. The EFNEP educator has encountered several instances while providing lessons where Latino children do not speak fluent English. One boy in particular, a fourth grader, began school in the United States this year. While teaching lessons, the EFNEP educator noticed that the boy wasn't writing any information during activities. The other children of the class indicated that he is unable to speak/write English. The EFNEP educator asked another student to help and translate as much as he could to the non-English student. At first the fourth-grade boy was very shy and timid. The EFNEP educator found ways to make him feel comfortable by including him in non-verbal activities, for example, passing out pencils or clipboards. After the third class, the EFNEP educator noticed that the young boy demonstrated excitement for the physical activity and food tasting! He even replied, "Yes!" when he was asked a question about whether he enjoyed the snack or not. Even though his speech improvement might have been a result of an excellent ESL teacher, the EFNEP educator was excited to see that the young boy is absorbing his new surroundings.

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