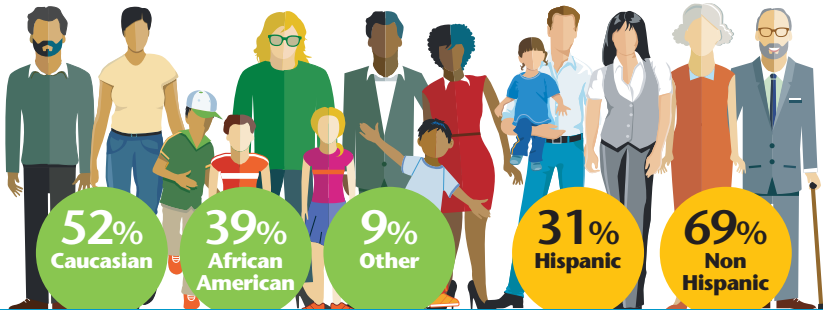


NC Cooperative Extension 2020 REPORT

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.

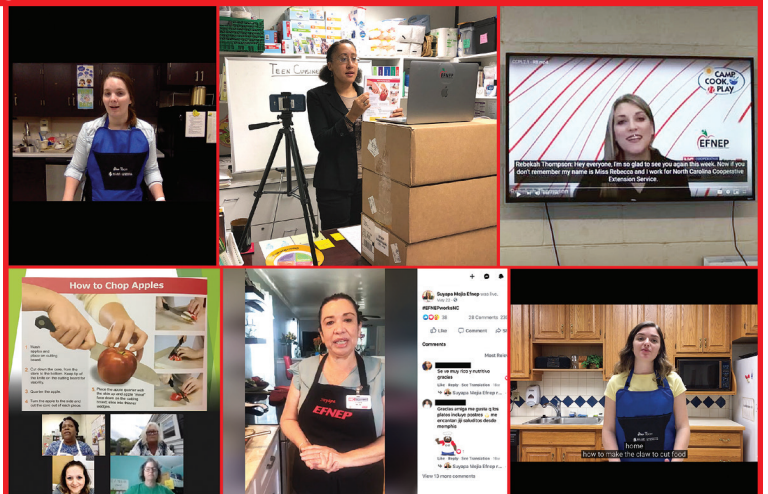
91% have improved their food safety habits.

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.

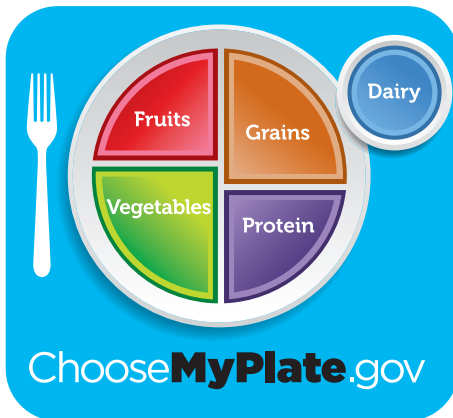


2020 NC Cooperative Extension Lee County Report

In Lee County, **19** individuals were reached through direct programming. An additional **233** low-income individuals were reached through supplemental outreach efforts.

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

EFNEP SUCCESS



Educator Meets Request to Provide Virtual Learning for Local Elementary School

Through conversation with Lee County Public Schools' central office, the EFNEP Educator and Family and Consumer Science Agent identified a need for additional educational material teachers could use in their virtual classrooms. A website for Grade 3 students was built in collaboration with the EFNEP State Curriculum Team. A series of six virtual lessons were designed, recorded, and edited to be accessed by students at home during the stay-at-home order as a result of the pandemic. These lessons included five segments: an introduction and review of the last lesson; a lesson on MyPlate, the different food groups, and their respective nutritional values; a physical activity; a cooking segment with food safety tips; and a summary and review of the lesson. This website was made available for seven different Grade 3 classrooms within the Lee County school system. Of those classrooms, 40 students participated. These students represented the diverse population of Lee County: 57.5% were female students and 42.5% were male students. Additionally, the students were made up of a range of ethnic demographics: 45% Latino, 35% Black, and 20% White.

The Grade 3 Healthy Living website was created in a three-week period so that teachers could use it with their students before the school year came to a close. Unfortunately, many of the teachers were unable to get pre- and post-evaluation surveys from their students, due to the nature of the online work and unfamiliarity with virtual programming. In the end, this project served as a way to engage with the public school teachers and provide resources they could share with their students during this difficult time.

Despite the difficulty obtaining numerical data, the Healthy Living website for Grade 3 can now be a resource for the future. This website has the potential to be used in the fall, as it is still uncertain if EFNEP educators will be allowed to enter schools. It can also be a resource for students who are absent when the EFNEP educator delivers a lesson, allowing students to graduate the course. Finally, it can be a training resource within the EFNEP program to train new educators.

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