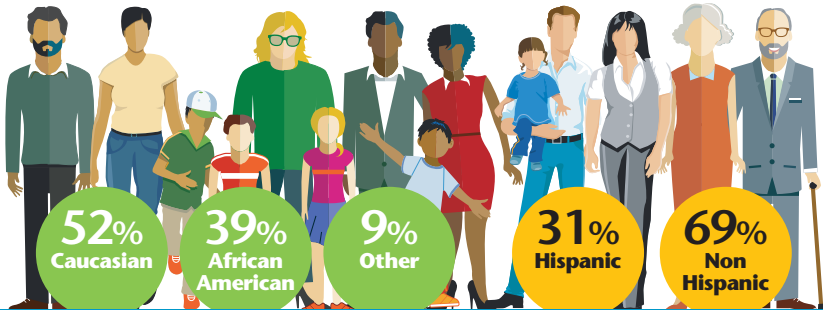


NC Cooperative Extension 2020 REPORT

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

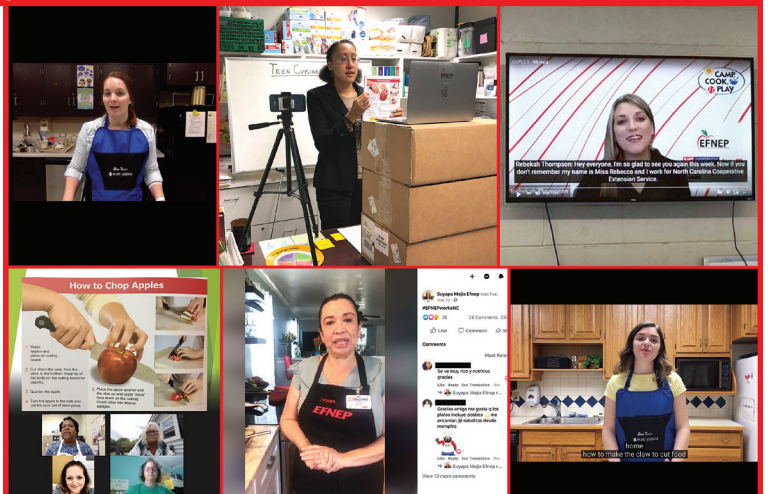
- 92%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 90%** practice better food resource management.
- 91%** have improved their food safety habits.

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 Lenoir County Report

In Lenoir County, **151** individuals were reached through direct programming. An additional **1,000** low-income individuals were reached through supplemental outreach efforts.

Lenoir County EFNEP programs obtained **\$21,005** in funding and support from local efforts.

EFNEP SUCCESS



EFNEP Educator Meets Needs of Family During COVID-19

After posting recipes and other information on social media, the EFNEP Educator received a message from a grandmother. The grandmother stated that she and her husband were raising their three-year-old granddaughter on a limited income. The couple received some federal assistance, but that was limited too. They relied heavily on local resources for additional foods to feed their family. Due to the pandemic, many food distribution sites they frequented were not receiving their usual supplies. The grandmother reached out to the educator for help.

The educator immediately went into action by reaching out to a food pantry and two churches she previously partnered with. After making several calls, she was able to secure food boxes for the family. The pantry agreed to provide food to the grandmother on a daily basis for as long as needed.

The grandmother was so appreciative of the educator's help. Although she does not have a lot to give financially, she wanted to "pay it forward." She and her family are making plans to volunteer at the pantry once COVID-19 restrictions are lifted.

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