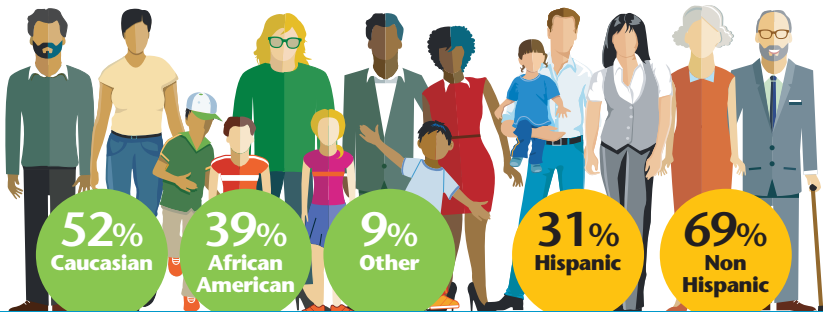


NC Cooperative Extension 2020 REPORT

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

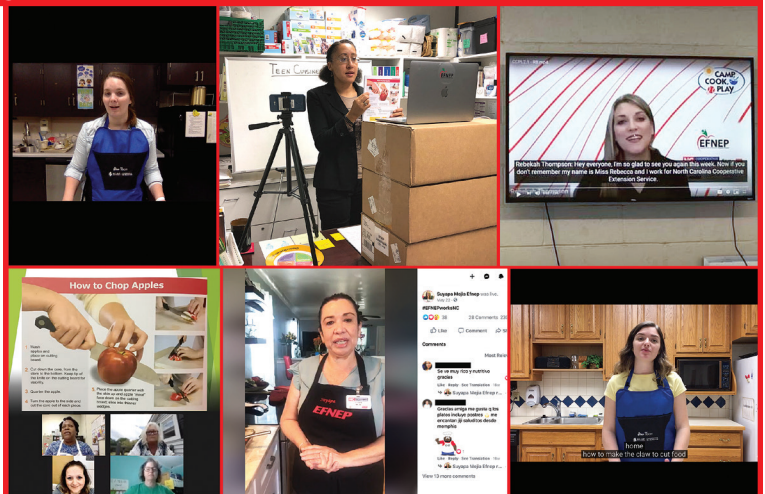
- 92%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 90%** practice better food resource management.
- 91%** have improved their food safety habits.

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 McDowell County Report

In McDowell County, **746** individuals were reached through direct programming. An additional **5,728** low-income individuals were reached through supplemental outreach efforts.

McDowell County EFNEP programs obtained **\$2,000** in funding and support from local efforts.

EFNEP SUCCESS



Entire Family Learns to Plan Meals with EFNEP

A HeadStart group in McDowell County, Circle of Parents Eastfield school graduated in early May. During the EFNEP classes, the lesson on how to plan for meals included making a meal plan for the week and then creating a shopping list. The EFNEP Educator brought the most recent grocery fliers to class so they could determine the best prices. Each participant reported back to the class the following week on how successful they were in saving time and money.

One of the participants has several children and lives on a farm. Although very busy with the farm work, she made time each week to attend the EFNEP Class. She was most interested in the Planning and Shopping lessons in the EFNEP Curriculum.

This particular participant won an EFNEP contest and went by the Extension office to pick up her prize. She shared how she had her oldest daughters, ages 13 and 10, could sit down with her and she explained how to meal plan, prepare a shopping list and compare prices in sales fliers. She let each of them plan a week. She explained how much time that took off of her shoulders as well as getting the girls excited about their healthy meals they would plan, shop for and then help prepare. This occurred during the COVID-19 restrictions and was also helpful because she didn't have to make several trips to the grocery store and potentially expose her or her family to the virus. She credited the EFNEP sessions with helping to ease her stress level with planning and shopping and getting her and her family more organized at mealtime.

Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

