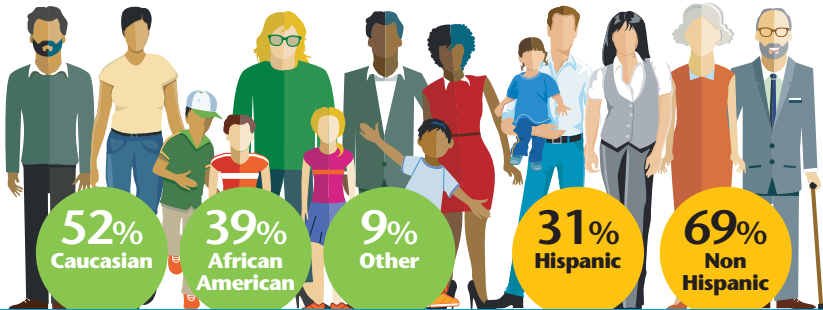


NC Cooperative Extension 2020 REPORT

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

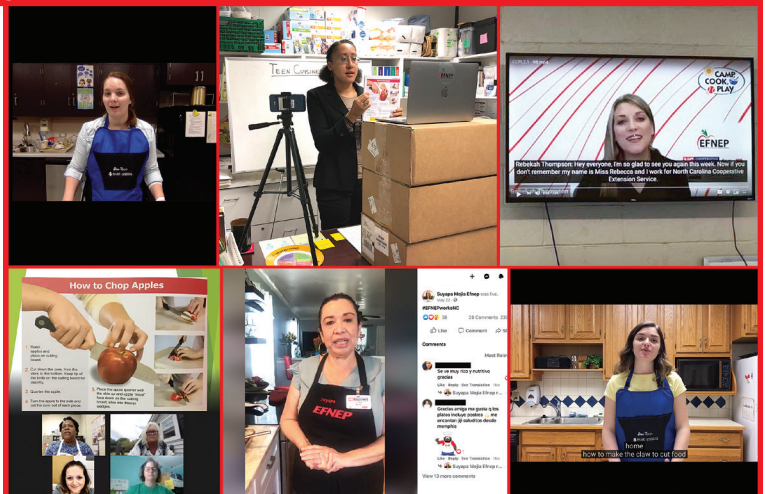
- 92%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 90%** practice better food resource management.
- 91%** have improved their food safety habits.

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 Mecklenburg County Report

In Mecklenburg County, **95** individuals were reached through direct programming. An additional **1,464** low-income individuals were reached through supplemental outreach efforts.

Mecklenburg County
EFNEP programs obtained
\$620 in funding and support
from local efforts.

EFNEP SUCCESS



Testimony from an EFNEP Online Participant

North Carolina entered a stay-at-home order in mid-March. It was at this point that families were extremely limited in their ability to leave their home and schools and preschools were closed. Particularly during this time, families were in even greater need for nutrition education that they could readily use. As part of a temporary remote educational strategy, North Carolina gave permission for our staff to utilize six pre-recorded online lessons from our Families Eating Smart and Moving More curriculum and offered them through eXtension's Moodle platform. Below is a statement from one of the participants who utilized these lessons to help her family.

I wanted to try something new during this COVID-19 pandemic. We have been in the house for weeks and doing the same thing every day is starting to get boring. So I decided to take the online classes I saw posted on the Mecklenburg cooperative extension website. I enjoyed the classes so much that I completed all of them in just a few days! The videos are very good and explained the information in very practical ways. I was not intimidated at all. Everything was easy to understand. I have three children in my home and I cook every day. I also had my kids watch some of the videos with me. They were short enough to keep their attention. We used to drink lots of sugary drinks and eat large amounts of unhealthy snack foods. We would eat a whole big bag of chips almost every day. After watching the videos I am trying to teach my children to eat smaller portions and drink healthier drinks. I thought I was getting the most for my money and I learned that I was not. Now when I go to the store I am going to try to get quality foods (foods filled with vitamins and nutrients) instead of just a large quantity of food. Thank you for offering these free classes. I will be referring some of my friends to you.

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