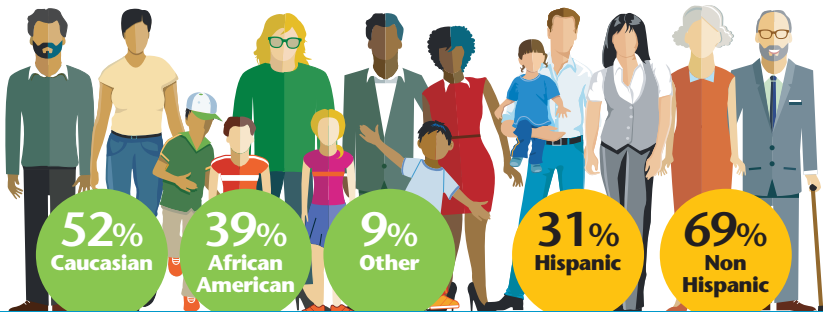


NC Cooperative Extension 2020 REPORT

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.

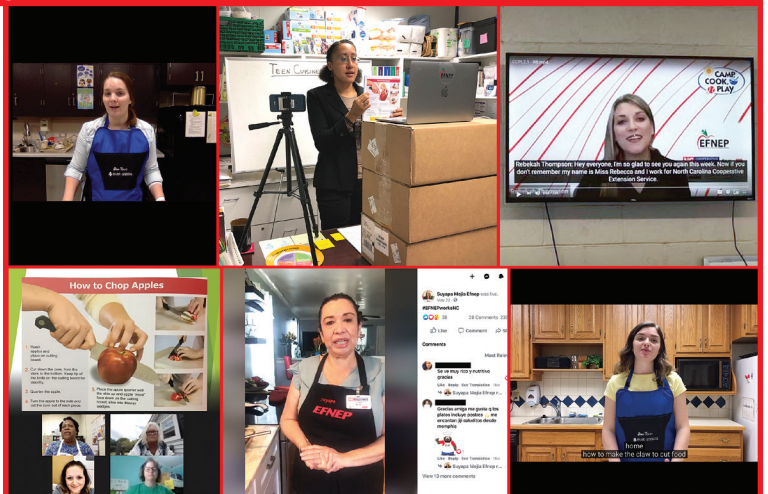
91% have improved their food safety habits.

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.

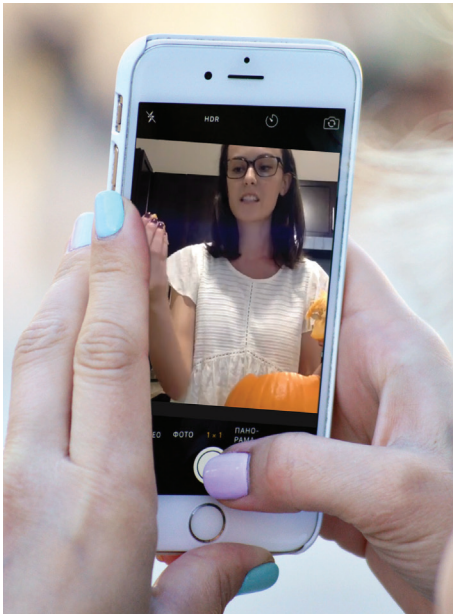


2020 NC Cooperative Extension Northampton County Report

In Northampton County, **407** individuals were reached through direct programming. An additional **944** low-income individuals were reached through supplemental outreach efforts.

Northampton County EFNEP programs obtained **\$13,835** in funding and support from local efforts.

EFNEP SUCCESS



Touching Lives and Being Engaged Through COVID-19

As many adjusted to working from home during the COVID-19 pandemic, the EFNEP Educator in Northampton recognized that some were struggling to maintain their healthy habits. To help clients prioritize their health, this educator maintained contact via email, phone calls, or text messages. Social media was also utilized to provide exercise videos and healthy recipes to motivate participants. Additionally, packets were mailed to participants' homes to provide healthy recipes, safety tips, pandemic information, and even masks.

Beyond this, the educator hosted walking groups at a local park to encourage socially distanced, outdoor physical activity to keep her community active. Virtual walking groups were also promoted to motivate participants as well as prepare them for a 5-K event next year. In addition to physical activity, over 1,000 recipe cards were distributed in food boxes at the local churches in the area. Fresh fruit was also provided in over 60 lunch bags and with a backpack program. All of these efforts have helped to continue providing the essential health information the community needs more than ever during these unprecedented times.

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