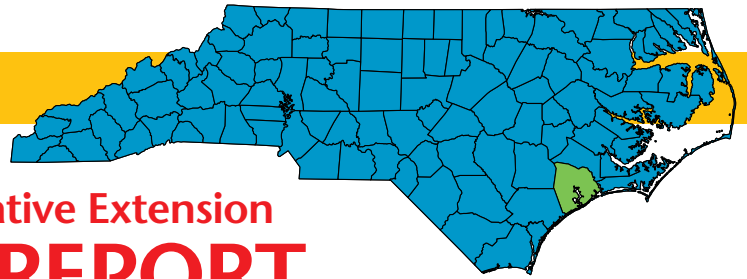




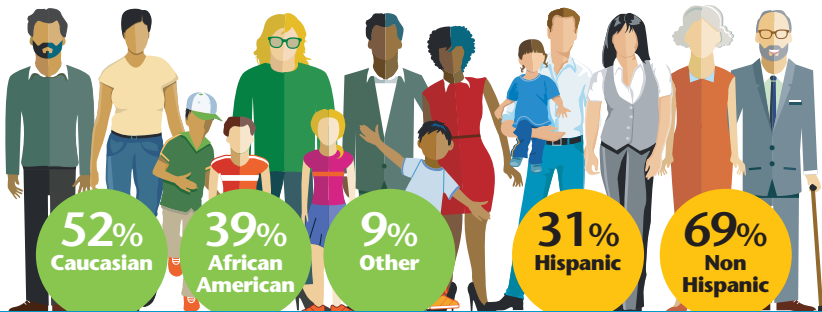
NC Cooperative Extension 2020 REPORT



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

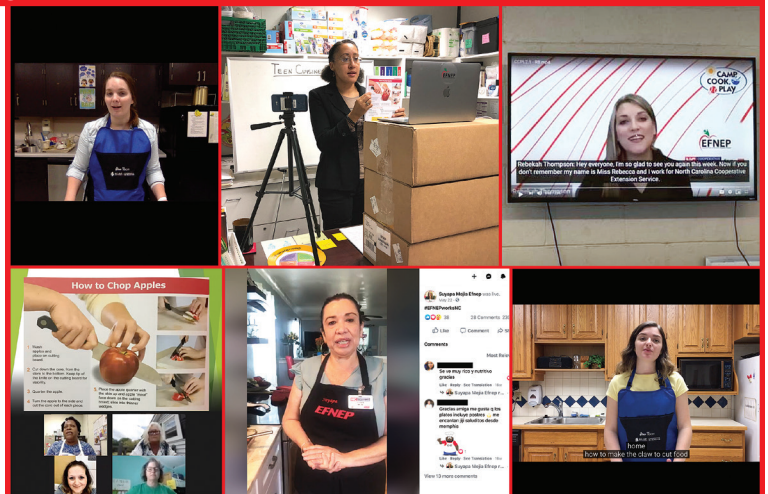
- 92%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 90%** practice better food resource management.
- 91%** have improved their food safety habits.

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 Onslow County Report

In Onslow County, **144** individuals were reached through direct programming. An additional **253** low-income individuals were reached through supplemental outreach efforts.

Onslow County EFNEP programs obtained **\$19,789** in funding and support from local efforts.

EFNEP SUCCESS



EFNEP Partners with Women's Center

The Onslow County Expanded Food and Nutrition Education Program (EFNEP) partnered with a local women's center to deliver a series of nutrition classes. Going into the partnership, the educator knew that she would work with the moms and their children living at the center. She facilitated adult lessons and incorporated youth concepts each time she met with the women. Her goal was to ensure that the moms and their children were introduced to the same concepts so that they could prepare meals together at the center. With each week of teaching, the women became more empowered and comfortable with the educator. They began sharing the incremental changes they were making.

After facilitating all of the lessons, 100% of the women graduated from EFNEP. This was a huge accomplishment and the educator made graduation very special. Of the graduates, 90% showed improvement in one or more dietary quality indicators and 85% showed improvement in their physical activity.

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