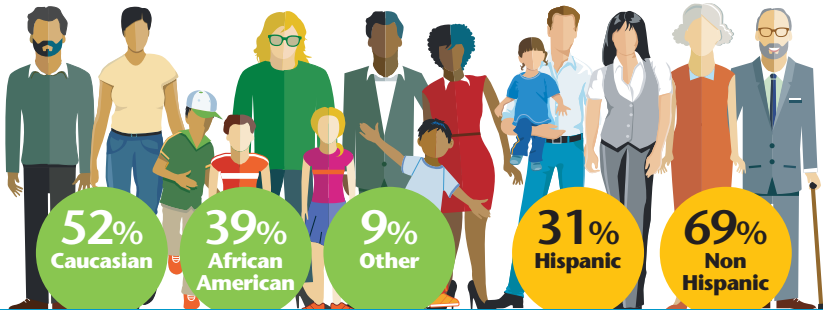


NC Cooperative Extension 2020 REPORT

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

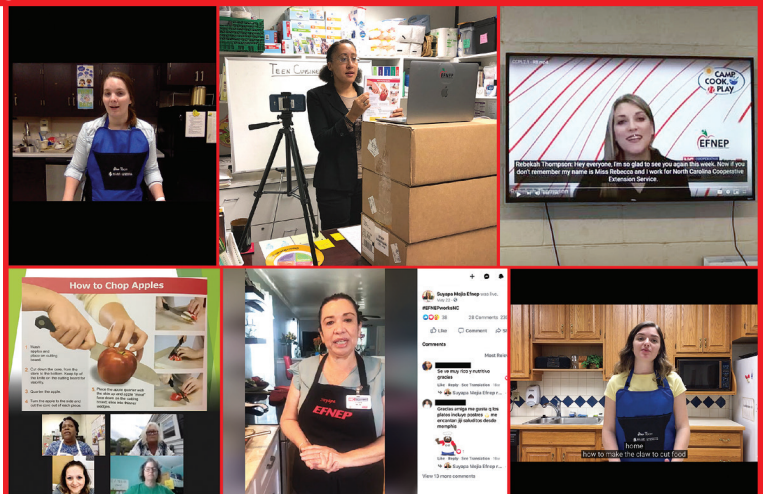
- 92%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 90%** practice better food resource management.
- 91%** have improved their food safety habits.

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 Robeson County Report

In Robeson County, **916** individuals were reached through direct programming. An additional **44** low-income individuals were reached through supplemental outreach efforts.

Robeson County EFNEP programs obtained in funding and support from local efforts.

\$31,002

EFNEP SUCCESS



Mom Feels Empowered and Learns How to Eat Healthy Following EFNEP Lessons

In partnership with The University of North Carolina at Pembroke, Lumbee Regional Development Association, and the Expanded Food and Nutrition Education Program (EFNEP), the participants of Healthy Start and Early Head Start were given the opportunity to participate in a six-week adult nutrition education series. During the beginning lessons, participants learned about EFNEP as a resource in the community, how to incorporate more fruits and vegetables into their diets, understanding how to properly read a nutrition label, plus many other helpful topics.

One participant was very interested in improving her health and saw taking the class as a chance to continue her goal of maintaining a healthy lifestyle. Prior to making the decision to attend EFNEP, she mentioned that she had recently undergone weight loss surgery and had been facing challenges with maintaining the required diet restrictions. By attending the weekly classes learning new skills, and gaining more knowledge about food and its connection to healthier habits, in addition to participating in different move more activities the participant expressed that Adult EFNEP classes helped her to understand how to eat, and what to eat to make sure that she was following the right diet. EFNEP also left her feeling more empowered about being motivated to move more throughout the day.

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