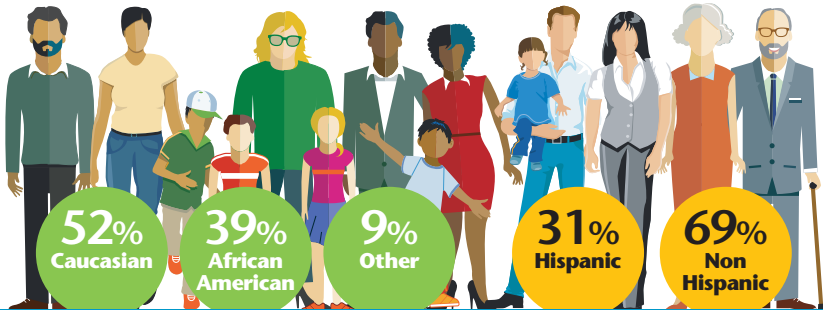


NC Cooperative Extension 2020 REPORT

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

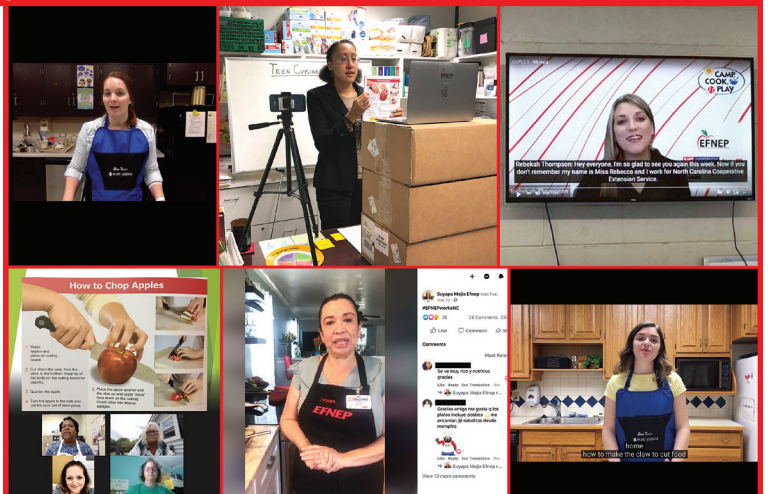
- 92%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 90%** practice better food resource management.
- 91%** have improved their food safety habits.

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 Scotland County Report

In Scotland County,

1,072 individuals were reached through direct programming.

Scotland County EFNEP programs obtained

\$12,122 in funding and support from local efforts.

EFNEP SUCCESS



EFNEP Helps Youth Learn to Move More and Eat Smart

Scotland County Expanded Food Nutrition Education Program (EFNEP) partnered with Oxendine Elementary School to help youth understand the benefits of eating more fruits and vegetables. The EFNEP Educator delivered six nutrition education classes to 433 students demonstrating how to make healthy, fun, and tasty recipes with fruits and vegetables. Students were able to do hands-on activities with each lesson that made learning about nutrition exciting.

The program offers youth a fun, interactive learning opportunity for physical activity and healthy eating. The youth did exercises like TaeBo kicks, kickboxing, walking, and other team exercises.

Out of the 433 participating students, 92% improved in one or more core areas (dietary intake, physical activity, food resource management, and food safety). Research shows that good nutrition and a healthy diet are related to students having a positive academic and behavioral performance in the classroom. EFNEP will continue to partner with Scotland County Schools to promote the idea of "Learning by Doing" to increase positive dietary changes.

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