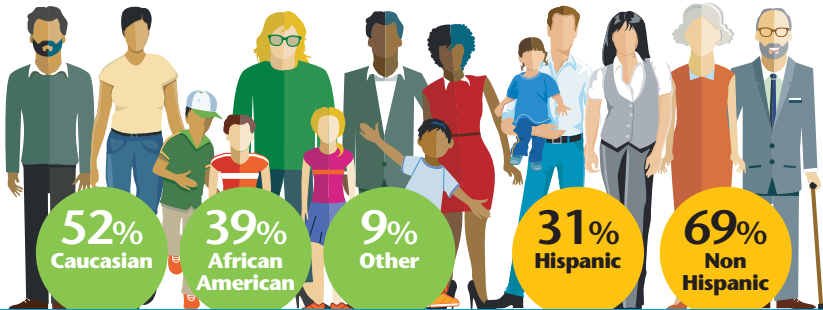


NC Cooperative Extension 2020 REPORT

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.

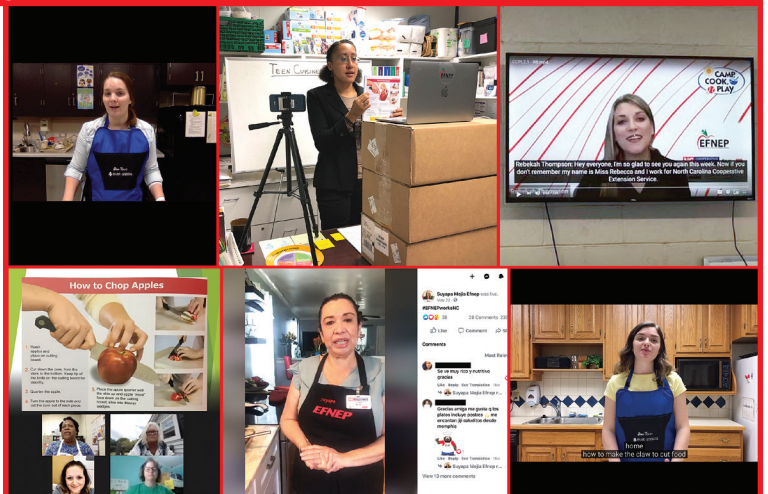
91% have improved their food safety habits.

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 Surry County Report

In Surry County, **463** individuals were reached through direct programming. An additional **232** low-income individuals were reached through supplemental outreach efforts.

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

\$1,600

EFNEP SUCCESS

Family Learns Money-Saving Tips to Help Them Be Food Secure Through COVID

COVID-19 has made it even more difficult for some low-income parents to feed their family nutritious meals. Many families found that having to stay at home all the time, made it more challenging to have their groceries last sufficiently. One single mother, with two teenage children, was struggling to stretch her budget. However, she decided to participate in the EFNEP Eating Smart and Moving More program, in order to get ideas on how to feed her children on a limited budget. During the program she learned how to plan simple, inexpensive, nutritious meals, make a grocery list and stretch her food dollars. She put everything she had learned into practice. When she got home from the grocery store, she called the Nutrition Educator excitedly to thank her and say that for the first time in years, she was able to go and bring home everything her family needed (without forgetting anything), and only use the SNAP (Supplemental Nutrition Assistance Program) funds she receives. This was going to help her family survive these challenging times financially while still providing her children the nutrition they needed to stay healthy.



Activity Log Encourages Increased Activity

Obesity in children has increased over the years. Childhood obesity can lead to diabetes, high blood pressure, and high cholesterol. There may be no symptoms other than weight that's above normal. Exercise habits is one of the best ways to achieve a healthy weight in a child.

With this information in mind, the EFNEP Educator working through Surry County Cooperative Extension partnered with the Surry County Elementary Schools. As part of enrolling in EFNEP classes, students take a short behavior survey that is used to help assess current activities. This information can help inform the EFNEP Program Assistant decide which additional educational lessons would benefit the students. For a recent fourth-grade group, the Program Assistant saw the need to help participants increase their daily physical activity. During One of the six lessons each student was given a fitness log. The

fitness log is keep a track of the physical activity

they receive daily for a week. After the log is completed, the student returns the log to the teacher. Throughout the lessons, the EFNEP Educator teaches simple strategies to be active and encourages participants to find fun ways to increase their activity with their family. Several members of the class stated they have now started incorporating the ideas. One

student shared that she is now walking in her neighborhood at least four days a week to increase her activity. She said keeping track of her activity made her want to be more physically active.

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