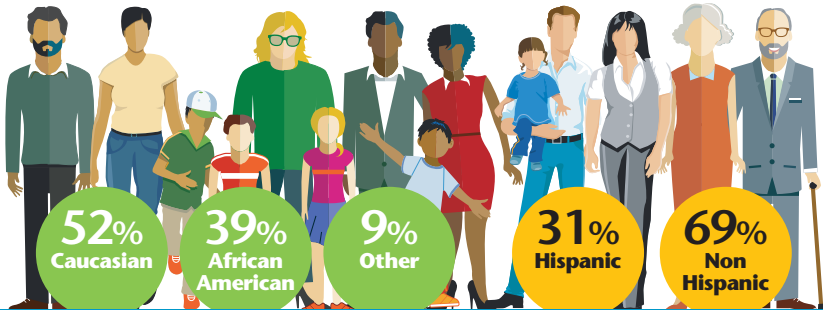


NC Cooperative Extension 2020 REPORT

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

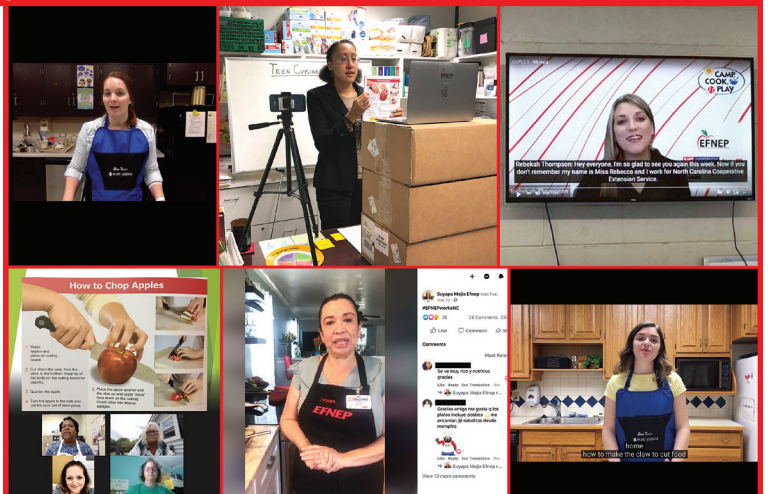
- 92%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 90%** practice better food resource management.
- 91%** have improved their food safety habits.

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 Transylvania County Report

In Transylvania County,

481 individuals were reached through direct programming.

Transylvania County
EFNEP programs obtained

\$11,977 in funding and support from local efforts.

EFNEP SUCCESS



Second Graders Make Healthier Snack Choices

Most children need to eat every three to four hours to meet their daily food requirements. Healthy snacks provide nourishment without ruining meals. The Academy of Nutrition and Dietetics reports that snacks can be an important part of children's eating patterns. Snacks offer an opportunity to catch up on nutrients missed during meals. If healthy snacks are provided, total fruit and vegetable intake could increase. Conversely, many traditional snack foods are not nutritious. Snacking, therefore, can be seen as an unhealthy habit if the foods consumed are low in vitamins and minerals and high in calories from fats or sugars or if the snack is high in sodium.

Second-grade teachers from Rosman Elementary partnered with the Transylvania Co. EFNEP Nutrition Educator to provide a series of Nutrition lessons to students. The lessons focused on eating a variety of foods, food groups, and making healthy food selections within each group. Children also sampled foods from each food group modeling examples of healthy snack choices.

Over the course of Nutrition lessons, teachers noticed that snack choices that students were bringing from home were improving. This indicated that students were demonstrating mastery of nutrition concepts by applying them to their own food selection. Pre and post evaluation data also echoed this increase in knowledge with 25% of the students improving their response to a question asking students to select healthy snacks.

One teacher remarked, "As a result of EFNEP Nutrition Classes, students are bringing healthier snacks from home; I have overheard them asking their parents for healthier foods in the grocery store, and many of my pickiest eaters have tried foods that I never thought they would!" Providing students with Nutrition Education promotes responsibility and better food choices among youth.

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