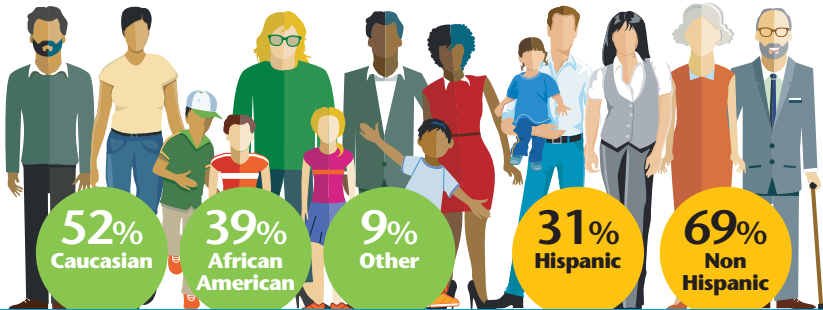


NC Cooperative Extension 2020 REPORT

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.

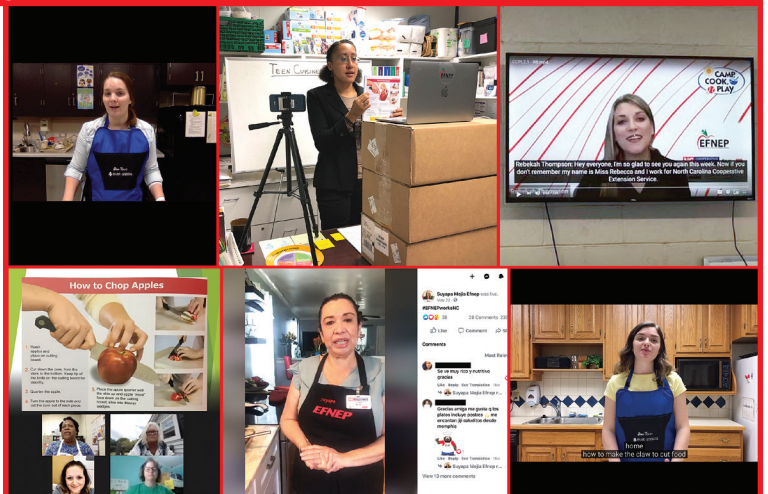
91% have improved their food safety habits.

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 Union County Report

In Union County,

119 individuals were reached through direct programming.

Union County EFNEP programs obtained **\$15,646** in funding and support from local efforts.

EFNEP SUCCESS



Participant Learns to Incorporate Healthy EFNEP Recipes Into Her Fibromyalgia Treatment Plan

A participant in the EFNEP class was diagnosed with fibromyalgia by her physician. As a mother of a young son, whose husband worked out of town and returned only on the weekend, she was struggling to prepare meals that her son would enjoy and would require minimum preparation, due to the extreme pain she often endured.

During the course, she learned to read the nutrition fact labels and manage portions. The EFNEP Nutrition Educator often provided additional information based on scientific research regarding the nutritional benefits of the foods that will be prepared in class, such as fresh fruits, vegetables, brown rice, and ground turkey. As a result of this information, the participant received confirmation from her physician that following the recommended serving on food labels and consuming whole grains, fresh fruits, vegetables, fatty fish, and lean meats, could benefit her.

During the course of the EFNEP series, the participant reported using the EFNEP cookbook, as well as, preparing the recipes that she learned in class at home. The meals were quick and her son enjoyed them. There was a noticeable difference in her discussion of pain that had often dominated the first few classes. She said that she felt better, since monitoring her food intake and focusing on eating healthier foods, as recommended by the EFNEP nutrition educator.



EFNEP Participants Learn Skills to Include Healthier Protein Foods into Their Diet

According to data collected at entry, participants in the EFNEP program were eating meat products that were heavy in natural fats. Additionally, the meat was prepared using unhealthy cooking methods such as frying in additional oils and adding salt and enriched flour. This process contributed to high cholesterol levels, high blood pressure, and spiked sugar levels that can occur from the enriched flour.

To introduce the participants to other healthier options for protein sources, the EFNEP Nutrition Educator partnered with Brother's Seafood Hut and Cook Shed, a SNAP program participant, to offer seafood preparation workshops, in coordination with regular EFNEP classes. According to the USDA Agricultural Research Service, fish is an excellent source of protein and studies have shown that eating fish reduces the risk of heart disease. According to the USDA Agricultural Research Service, fish is an excellent source of protein, and studies have shown that eating fish reduces the risk of heart disease. Fish is high in omega-3 fatty acids which can reduce blood clots and irregular heartbeats.

Participants learned to prepare a variety of fish and other seafood in healthy ways. Participants learned to use herbs and lemons to season seafood. They also learned baking and sautéing methods. In addition to learning cooking skills, participants learned to prepare their fish at home for freezing. Food resource management is a major component of the EFNEP program. Participants received hands-on practice fileting and "butterflying" fish. They also learned to prepare a fish for "whole" presentation.

During each class, the participants discussed the seafood they had prepared at home. Most had never eaten fish such as porgies, sea bass, and speckled trout. The opportunity to prepare the fish in class and taste it, opened up a world of new ideas for healthier protein options for meal preparation.

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