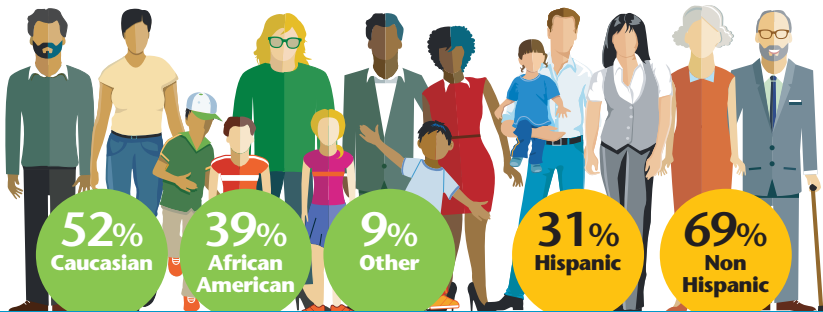


NC Cooperative Extension 2020 REPORT

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

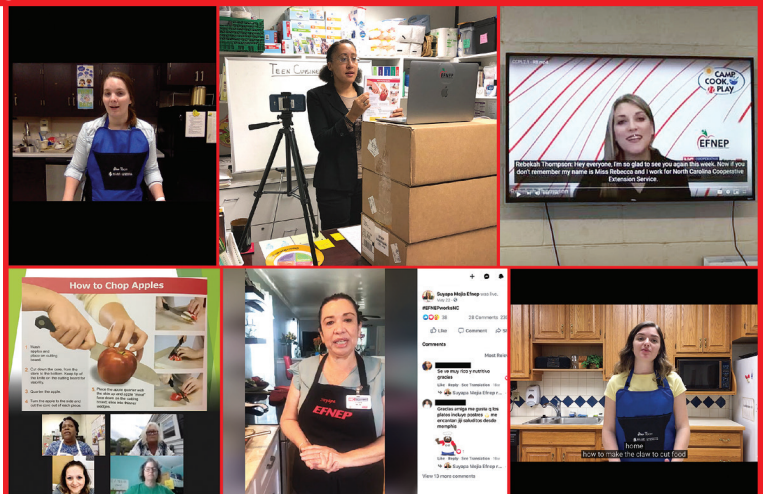
- 92%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 90%** practice better food resource management.
- 91%** have improved their food safety habits.

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 Vance and Warren Counties Report

In Vance and Warren Counties, **287** individuals were reached through direct programming. An additional **16,864** low-income individuals were reached through supplemental outreach efforts.

Vance and Warren Counties EFNEP programs obtained

\$14,820 in funding and support from local efforts.

EFNEP SUCCESS



EFNEP Provides Virtual Program for Families

Warren County families faced many adversities during COVID-19. With food insecurity being a significant concern, the EFNEP Educator wanted to provide families with the tools and resources to thrive during social distancing. The Educator provided a virtual program for families with children to learn how to stretch their food dollars, increase food preparation skills, and improve food safety.

To better reach limited resource families, a partnership was developed with John 3:16 (J3:16) center. John 3:16 is a faith-based center that offers programs to limited-resource families in Halifax, Northampton, and Warren counties. The EFNEP Educator and the J3:16 Coordinator developed a virtual cooking camp. The families received cooking kits with all the food and supplies for each lesson. Each lesson consisted of a nutrition lesson, physical activity, and family food prep time! The families enjoyed the EFNEP classes and reported increasing fruit and vegetable consumption. One child shared that now they are not afraid to taste new foods. Another family stated that the workshops brought them closer together, and at the end of the sessions, the families didn't want it to end.



EFNEP Helps Teens Make Positive Changes

EFNEP Program Educator partnered with "Teens Fit for Life," sponsored by The Vance County Triangle North Healthcare Foundation, to establish a series of seven EFNEP classes for 20 teen participants using the Teen Cuisine Curriculum. The EFNEP Educator worked with two teen mentors to encourage their peers to make healthier meal choices and to encourage participants to make more meals at home. The participants explored the concepts of MyPlate, physical activity/dance, as well as personal health practices to aid prevention of chronic diseases and obesity. The EFNEP Educator also provided a "Food Challenge" at the end of the series. The teens were given a MyPlate basket and had to create a healthy meal for a family of four.

The facilitators reported that the teen participants looked forward to each of the bi-weekly classes. The EFNEP Program Educator has had several teens state "I told my mom to buy more bright greens to add more nutritional value to our salads." One teen shared that her family cooks more at home, which has helped her save money for graduation and lose five pounds. This is an example of how EFNEP classes can alter thinking and patterns of the participants involved to improve the health and teen obesity rates in the community.

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