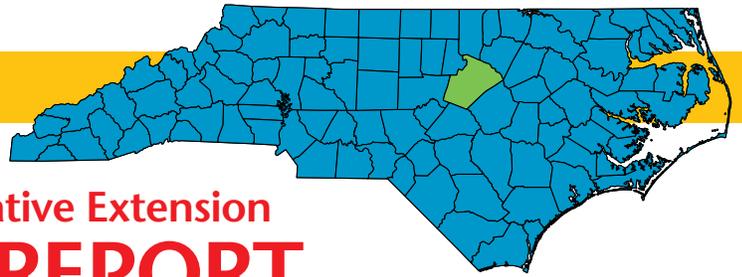




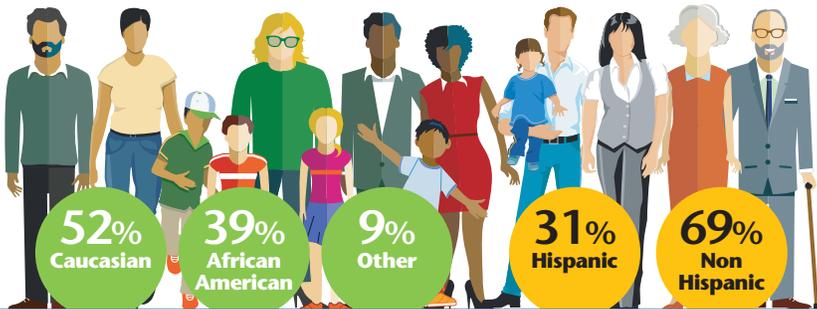
# NC Cooperative Extension 2020 REPORT



## 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

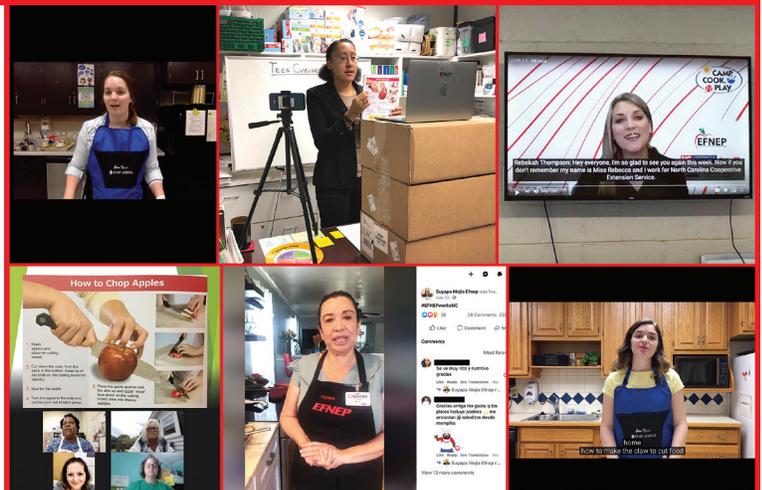
- 92%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 90%** practice better food resource management.
- 91%** have improved their food safety habits.

## 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 Wake County Report

In Wake County, **1,235** individuals were reached through direct programming. An additional **1,861** low-income individuals were reached through supplemental outreach efforts.

Wake County EFNEP programs obtained **\$37,372** in funding and support from local efforts.

## EFNEP SUCCESS



### Limiting Food Waste through Cultural Sensitivity

At the onset of the stay-at-home order, NC Cooperative Extension in Wake county deployed its Food Relief team to assist with emergency food distribution. With the closure of public schools, thousands of children and their families were at risk of going hungry. One of the teams was assigned to the town of Rolesville and members included an Expanded Food and Nutrition Education Program (EFNEP) educator and the town's former mayor. After having identified several communities in the area, the team partnered with Interfaith Food Shuttle, a local food bank, to distribute about 200 pre-made frozen meals to affected families.

The team knocked on each door offering frozen meals. Unfortunately, many of the families turned it down. This continued over a few days when the EFNEP educator knew something had to change to limit food waste while helping families. After analyzing the demographics in the communities, the EFNEP educator realized that the great majority were Hispanics. Reflecting on her own experiences working with this population, she thought they would prefer to cook their own food as opposed to eating something pre-made and frozen. She suggested to the former mayor, who had a great deal of influence with the food bank, that they deliver food familiar to the population.

The request for fresh/dry ingredients was granted and the team was able to bring fresh produce such as cabbage, broccoli, corn, potatoes, apples, and bananas. They also distributed dry ingredients including beans, rice, and pasta. The families eagerly accepted the food boxes and some even shared ideas for dishes they were planning to prepare for their family that weekend. The small change allowed for the food distribution to be more successful, reducing food waste while showing cultural sensitivity.

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