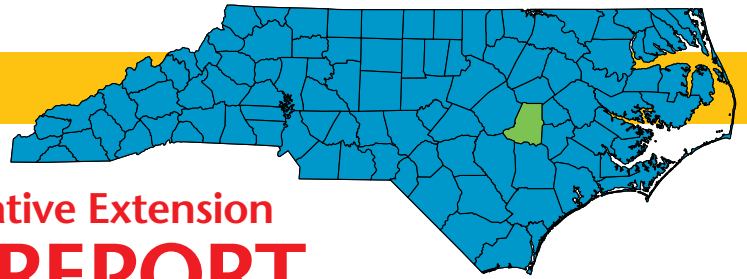




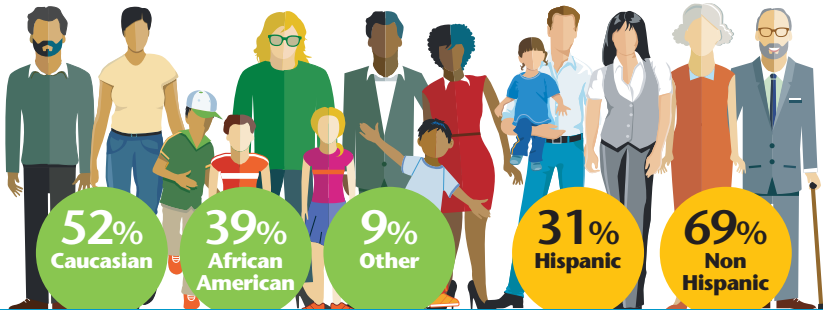
NC Cooperative Extension 2020 REPORT



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

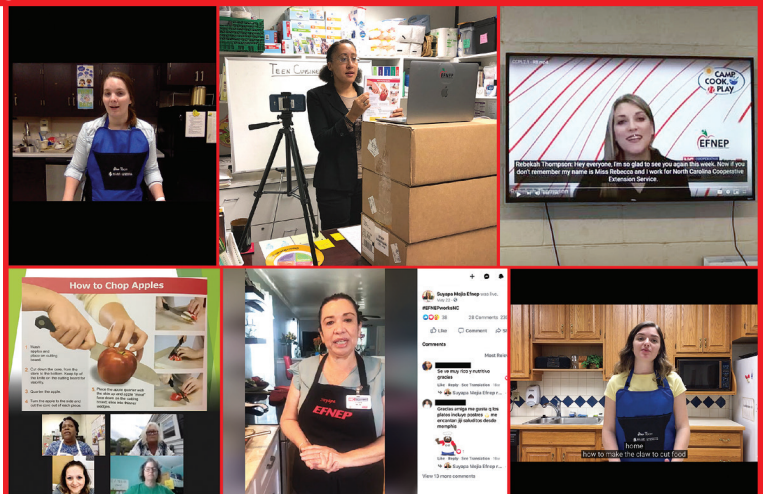
- 92%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 90%** practice better food resource management.
- 91%** have improved their food safety habits.

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 Wayne County Report

In Wayne County, **136** individuals were reached through direct programming. An additional **8,808** low-income individuals were reached through supplemental outreach efforts.

Wayne County EFNEP programs obtained **\$16,300** in funding and support from local efforts.

EFNEP SUCCESS



Tasty Tuesdays with EFNEP

In the beginning of March 2020, our world and, more closely, our local communities took an unprecedented turn. What we were accustomed to as “normal life” changed drastically. Businesses, schools, workplaces, and other entities closed leaving families, already considered to be limited resources, in an even more vulnerable place. Some parents are out of work while others are known as “essential” to the health and safety of our local communities. The parents who are still working have to leave their children at home or in the care of someone else. There is also talk in the local news of possible food shortages, which makes a bad situation worse.

EFNEP, along with the Boys and Girls Club of Wayne County, wanted to help youth during this unprecedented time. They felt that since youth were home, it would be helpful to provide some of their learning through virtual classes and also teach them how to make healthy nutritious recipes. They also wanted recipes that youth could do themselves, with fewer ingredients and be prepared using a microwave.

The EFNEP educator began making weekly ‘kid friendly’ recipe videos that were uploaded to the Boys and Girls Club’s social media pages. The sessions were titled, “Tasty Tuesdays with Taishon.” The Boys and Girls Club purchased and provided all of the recipe ingredients for the youth participants. The parents picked up the bags of packaged recipe ingredients each week for their children. The responses from the children and parents were all very positive. One quote from a parent stated, “The kids absolutely LOVED the pizzas! They said this is the best thing we’ve made! Not just thumbs up but enthusiastic thumbs up!”

The partnership not only taught children how to cook and be safe in the kitchen but also gave them a sense of personal responsibility. They are trying new fruits and vegetables (and foods in general) that they may not have been exposed to. We are making positive changes during this unprecedented time one child at a time.

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