

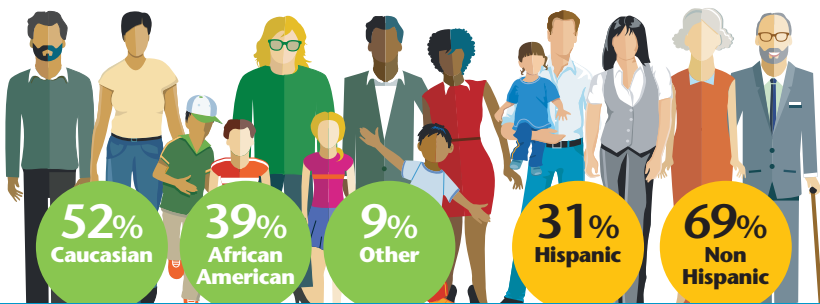
NC Cooperative Extension 2020 REPORT

North Carolina

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

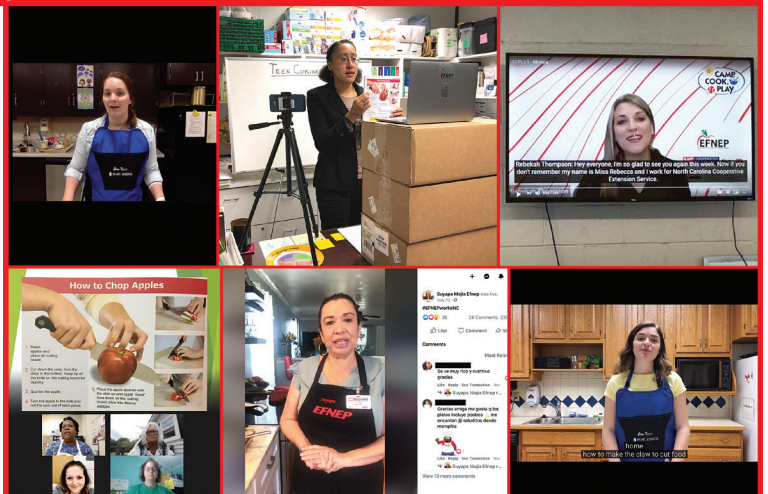
- 92%** of EFNEP participants improved dietary intake.
- 51%** now practice daily physical activity.
- 90%** practice better food resource management.
- 91%** have improved their food safety habits.

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 North Carolina Annual Report

North Carolina EFNEP programs obtained over

\$648,141

in funding and support from local efforts.

EFNEP SUCCESS



EFNEP Goes the Extra Mile to Reach Low-income Youth During COVID

Due to COVID-19, traditional EFNEP programming has drastically changed. Nutrition education classes are now being held virtually, and in most cases, youth have been given access to laptops/tablets through their schools. While this option has worked fairly well, the school year has ended. Any equipment assigned to students, has been returned. So, even youth who desire to participate in nutrition classes, are not able to do so because they do not have the needed equipment.

Recently, *For Kids Only Childcare*, a community partner contacted the EFNEP educator to discuss summer programming options. The educator explained that she would love to conduct classes with participants. The partnership is a natural choice to offer nutrition education to their youth because the organization helps families by providing childcare to parents returning to work and summer youth programming.

Unfortunately, *For Kids Only Childcare* did not have tablets or computers for virtual programming. The educator immediately went into action as she did not want to miss the opportunity to partner with the group. She reached out to a contact at the local Rotary Club asking if he knew of partner organizations that would help provide tablets or laptops to help fill this need. The EFNEP Educator was referred to a donor who donated 6 working tablets that could be used to conduct virtual programming.

In addition, the Extension office in Brunswick County agreed to loan the organization several other tablets and a projector to ensure that all 35 of their youth participants can safely participate in virtual nutrition programming. As a result, these youth are learning new knowledge and making changes to improve their overall health.



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.



Mother and Daughter Participate in Live Zoom Series

During the stay-at-home order as a result of the pandemic, EFNEP responded to the need for nutrition education offered to families using remote technology delivery. In Pasquotank County, the EFNEP educator offered live Zoom lessons to families using the Families Eating Smart and Moving More curriculum. One participant shared how the lessons helped her and her daughter. Her testimony is below.

It has been difficult to balance teleworking and homeschooling when my family was so used to being on a schedule with going to work, daycare, school, and extra activities. My daughter is 9 years old and loves to do hands-on activities to include crafts and cooking. When I found out about the Expanded Food and Nutrition Education Program's (EFNEP) weekly Zoom sessions, I signed up immediately. I was excited to know that we were not only learning healthy eating habits but learning how my daughter can be independent and comfortable in the kitchen. Although the classes were designed for adults, the educator adapted her presentation to include our children. My daughter is a picky eater and each session she has participated in gives her a chance to try new food items. She has so enjoyed showing her finished product during the classes as we try the recipes together. It has been a great help to me in understanding different things that can be substituted or added to make a meal more appealing to her. As a family we have used this new knowledge daily as we make our shopping list and meal prep for the week. The Zoom sessions have given us not only something to look forward to on Thursday afternoons, but it has provided something steady in this time of uncertainties.



EFNEP Helps Newly Food Insecure Families with Food Resource Information

Since the start of COVID-19, many families who have never used food assistance and/or food distribution programs have found themselves seeking additional help to make ends meet. While there are a number of different resources available in the county, many of these families simply didn't know where to go. After receiving several calls to the Extension Office, the EFNEP Educator felt the need to put together a resource list of distribution sites to help these families in need know where to access food. She then reached out to her partners with the Whiteville City and Columbus County Schools because they were distributing free meals to children due to school closures. She was able to provide additional information on where families could get the food they needed.

The Educator also created several videos that included information about food distribution site locations, hours of operation, and what each site provided. The videos also included listings of portable hand washing stations throughout the county and healthy recipes were demonstrated. She also demonstrated the proper way to wash your hands using the portable station. Families were extremely responsive to the information and videos. The videos reached 5,149 Columbus County families.

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