

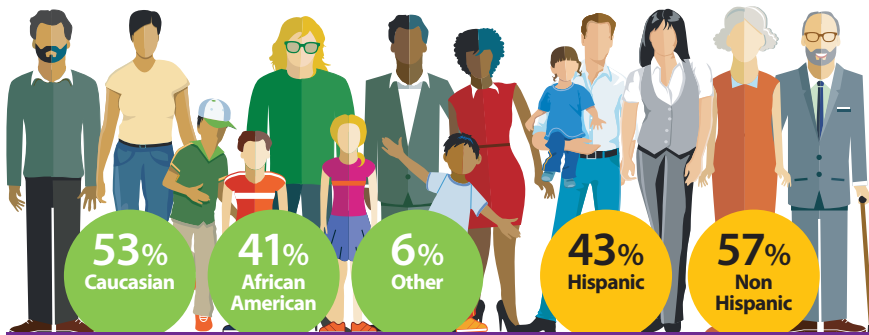
NC Cooperative Extension 2021 REPORT

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 2021:

1,233 families enrolled in EFNEP.

9,032 youth participated in 4-H EFNEP.

84% of EFNEP participants were enrolled in one or more food assistance programs.

North Carolina EFNEP programs obtained over **\$808,383** in funding and support from local efforts.

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 2021, EFNEP served 42 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

- 97%** of EFNEP participants improved dietary intake.
- 85%** now practice daily physical activity.
- 96%** practice better food resource management.
- 91%** have improved their food safety habits.

Volunteers Strengthen EFNEP

In 2021, **900** adults and youth donated time to EFNEP, making a difference in their own communities and contributing to EFNEP's ongoing success.



2021 NC Cooperative Extension Avery County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Avery County, 220 individuals were reached through direct programming.

Avery County EFNEP programs obtained
\$21,046 in funding and support from local efforts.

EFNEP SUCCESS



Staying Healthy at Home

Due to the pandemic, virtual learning has forced many children to spend more time sitting and less time being active. This sedentary behavior worried parents and after-school staff in Avery County. In order to maintain a healthy lifestyle, it is recommended that children get at least 60 minutes of activity each day. For many children, their main source of activity was physical education classes at school.

To combat this issue, the Expanded Food and Nutrition Education Program (EFNEP) partnered with Avery County Schools and WAMY Community Action to provide a six-session series of classes to children enrolled in Newland Elementary's After School program. The classes included information on making healthy eating choices and getting more physical activity while learning virtually. Each class session included a special emphasis on a "Moving More" activity they could do while learning virtually during the pandemic.

At the end of the series, one parent shared the healthy changes her son had made saying: "Before working with your program my son did not get much exercise at home. He did not seem motivated to exercise at all. He was also sneaking junk foods such as chips, soda and cake all during the day." **She went on to speak about the positive impact she has seen in her son as a result of EFNEP and stated that he is now seeking more opportunities for physical activity and requesting "healthy snacks" and eating less junk food.** Because of EFNEP, children in Avery County are learning how to create healthy habits, even in a remote learning environment.



Safety First

According to the U.S. Consumer Product Safety Commission, over 300,000 knife-related injuries occur in the home setting in a year. For home cooks and experienced chefs alike, cooking can result in injury or illness if proper safety precautions are not followed. We have all seen the eye-catching headlines declaring culinary dangers such as "Injuries from Cutting Avocados are on the Rise." Even preparing typical meals can put us in peril, especially if families are not practicing safe food handling procedures.

To teach youth how to cook and prepare food safely, the Expanded Food and Nutrition Education Program (EFNEP) in Avery County provided a six-session series of Teen Cuisine classes to youth enrolled in the Williams Academy of Crossnore School. Students learned about making healthy choices based on the MyPlate guidelines and kitchen and knife safety.

One parent requested that her children learn skills focused on safe knife handling since they did not take knives seriously at home and often played around in the kitchen. After the EFNEP series ended, she reported that they seemed to take kitchen safety seriously saying, **"They came home and showed us the workbook they were given and the handouts regarding kitchen rules and safe knife skills. They continue to practice at home and have even discussed becoming chefs."** Through EFNEP in Avery County, youth are learning how to cook safely and confidently.

Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

