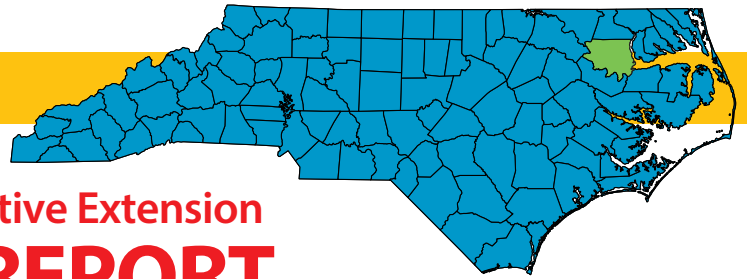




# NC Cooperative Extension 2021 REPORT

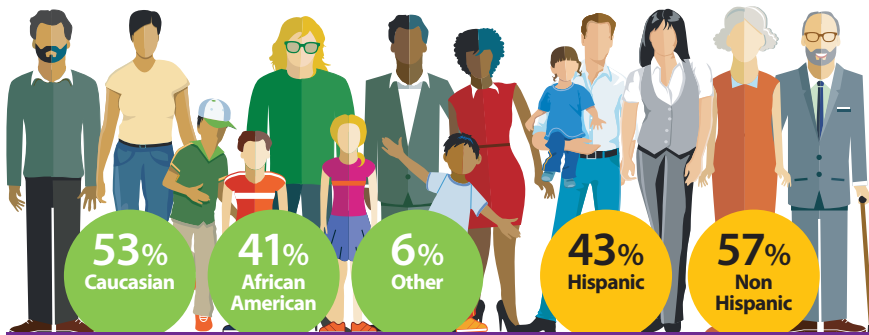


## North Carolina

### 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 Bertie County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Bertie County, 401 individuals were reached through direct programming.

Bertie County EFNEP programs obtained  
**\$36,796** in funding and support from local efforts.

## EFNEP SUCCESS



### Families Experience New Healthy Recipes

“Dollar menu” options seem like the best deal for low-income families in Bertie County especially when most of their budget goes to rent, medication, and utilities. EFNEP teaches these families how to make healthy choices with the money and benefits they have available. EFNEP typically allows participants to experience new recipes and healthy food options without the financial burden. Through food tastings and demonstrations, participants gain the confidence to try new foods.

Due to the pandemic, many classes were held online thereby eliminating the ability to conduct food tastings and demonstrations. The EFNEP educator in Bertie County understood the importance of this component and secured funds through a grant that provided ingredients for participants to join her virtual cooking class. Participants were grateful for the funds since it allowed them to practice making the recipe and trying out new foods at no cost to them.

One individual shared that she learned the importance of choosing healthy food during the classes and wanted to make a change in her life, but until that point didn't know where to start. **The classes taught her basic recipes that could be customized to fit her family's preferences. Previously she thought that healthy eating was too expensive and impossible to achieve.**

Passionate EFNEP educators teach participants that making an investment in their health now will reap many rewards later in life by preventing or delaying chronic disease. With the help of partners who recognize and support wellness as a valuable asset, EFNEP educators are poised to create a culture of health in their communities.



### Virtual Programming Brings Families Together

Virtual programming continues to be a necessity due to COVID-19 restrictions. While these virtual programs have helped to bridge the gap, it has also brought new challenges, including the ability to gauge the effectiveness of programs and determine if the content is truly reaching participants. For many, especially youth, “screen-to-screen” learning can be a challenge. The youth EFNEP educator in Bertie County realized that she had to be creative in order to keep the attention of her Kindergarten and first graders virtually. She discovered that reading nutrition-related books helped to capture the attention of youth. The books provided context for the educator to lead a discussion in a way that resonated with the children and allowed them to make the connection between nutrition and health.

In these sessions, the educator noticed that a parent was attending the virtual lessons with her child. After a lesson, the parent shared that she was so happy EFNEP was continuing to offer programs since the majority of events for her child had been canceled. The educator encouraged the parent to continue to participate in the program with her daughter and challenged her to use the opportunity to have a conversation about building healthy meals using MyPlate. **The parent noted that EFNEP had led to many discussions about the food groups at the dinner table and that her daughter even started to request more fruits and vegetables on her plate!** EFNEP plays an integral role in bringing families together as they bond over the shared fellowship that food brings.

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