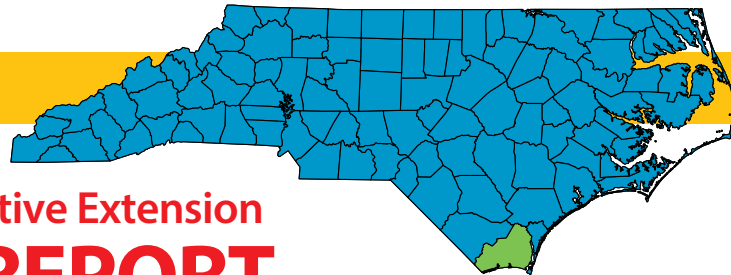




NC Cooperative Extension 2021 REPORT

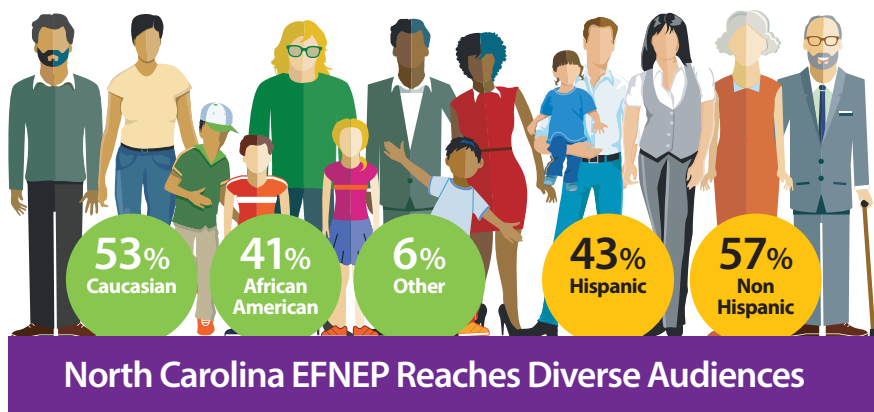


North Carolina

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



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:

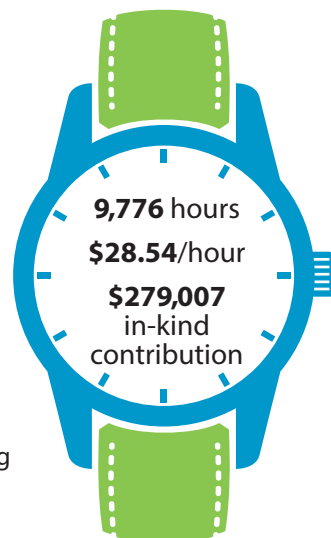
- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

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 Brunswick County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Brunswick County, 393 individuals were reached through direct programming.

Brunswick County EFNEP programs obtained
\$28,211 in funding and support from local efforts.

EFNEP SUCCESS



EFNEP Partnerships Come Full Circle

After learning in a virtual world for months, elementary students in Brunswick County were eager to get back into the classroom—even if their learning environment was a bit more restricted and structured. The EFNEP educator in Brunswick County overcame challenges in this new learning environment and was able to engage 339 students during their Physical Education classes. At the program's completion, youth confidently shared what they learned. When the nutrition educator asked her final review questions, **students enthusiastically shouted out facts about the five food groups and the nutrients that build their bodies.** They especially enjoyed reciting, "Clean, Separate, Cook, and Chill."

The educator also presented the teachers with certificates that included the number of hours they assisted with facilitating the classes. Because EFNEP lessons are aligned with the NC Common Core Essential Standards, the local School Board approved teachers to receive Literacy Continuing Education Units (CEUs). The educator even spoke with the School Board about other ways to assist teachers. As a result, the educator and her local Family and Consumer Sciences Agent provided teacher workshops to share EFNEP resources and educate teachers about potential policy, system, and environmental (PSE) changes to improve the overall health of the schools.



EFNEP Knows the Value of Partnerships and Volunteers

NC Cooperative Extension (NCCE) and EFNEP know the value of volunteers. The NCCE website describes volunteers in the following terms, "Volunteers are the heart of NC State Extension."

In Brunswick County, volunteers are a valuable resource to ensure that knowledge and information are shared with those within the community. Through a collaboration between EFNEP, 4-H, and Healthy Habits, youth were trained as volunteers on the following topics: nutrition, food preparation, food safety, kitchen skills, physical activity, leadership skills, ages and stages, experiential learning, and building relationships with caring adults.

Youth volunteers gained new skills and confidence in the kitchen and in themselves. They also enjoyed preparing and trying new foods and deciding how they might do things differently in the kitchen, following 4-H's motto "learn by doing." Upon entering the training, one participant stated that she wanted to be an actress when she grew up. By the end of the training, she had changed her mind and stated that she might want to be a chef when she finishes high school.

This summer, over one hundred Brunswick County youth, between the ages of five and 12 will be participating in 4-H EFNEP Cooking Up Confidence. These trained teen volunteers will be sharing what they've learned with other youth and will be learning to model leadership skills, kitchen safety, nutrition, and food prep skills.

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