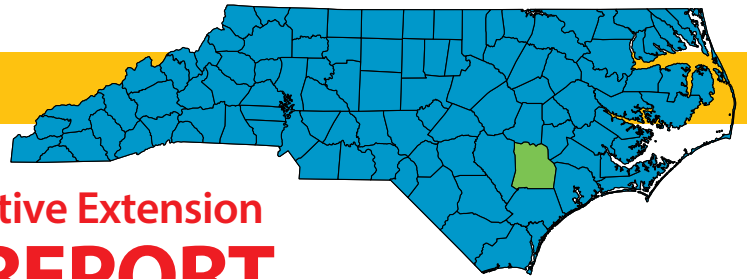




NC Cooperative Extension 2021 REPORT

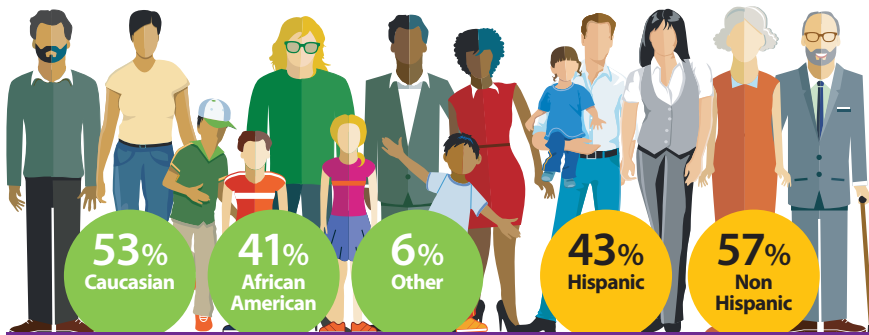


North Carolina

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 Duplin County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Duplin County, 397 individuals were reached through direct programming.

Duplin County EFNEP programs obtained **\$24,522** in funding and support from local efforts.

EFNEP SUCCESS



EFNEP Completes Lessons Despite School Closings

Duplin County has been particularly challenged with being able to provide EFNEP education to students during COVID-19. Even with students being taught virtually, many teachers who previously partnered with EFNEP found it difficult to include the program in their lesson plans after schools closed.

Prior to school closings, the Nutrition Educator enrolled over 600 students and began teaching EFNEP lessons with them. She reached out to teachers and school administrative staff through emails, telephone calls and social media, hoping to complete the remaining lessons. Finally, after many attempts, and several months later, she was able to complete lessons and graduate participants. Because of the strong partnership and relationship between Duplin County teachers and the Educator, classes will resume in the new school year.

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