

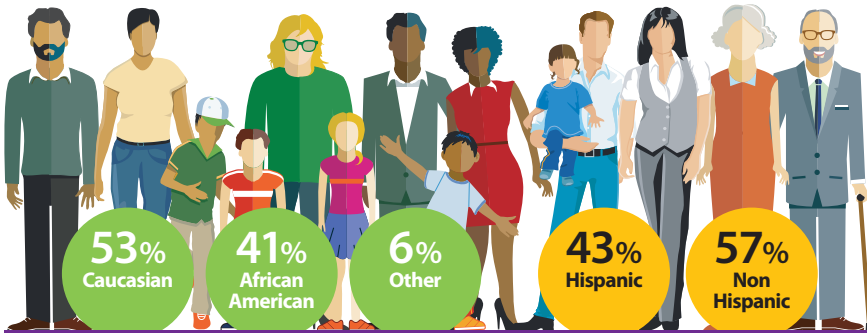
NC Cooperative Extension 2021 REPORT

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 Edgecombe County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Edgecombe County, 459 individuals were reached through direct programming.

Edgecombe County EFNEP programs obtained **\$34,771** in funding and support from local efforts.

EFNEP SUCCESS



EFNEP Continues to Impact Lives

EFNEP often partners with local organizations with similar missions to further serve those in the community. An example of a strong partnership is with a local food distribution program hosted by Edgecombe County Cooperative Extension in partnership with local farmers and a farmer's market.

During the distribution process, the EFNEP Educator visited a vehicle in line and immediately recognized the driver. She had previously taken EFNEP classes. The educator provided the former participant with a produce box. She discussed the contents of the box (cabbage, onions, red potatoes, blueberries, local cornmeal, yellow squash, zucchini, and strawberries) and reminded her of the EFNEP stir-fry recipe from class that she could use with the box contents. **The client shared that the stir-fry recipe was a family favorite and she will definitely prepare it now that she has ingredients.**

EFNEP is driven to find those who are food insecure and guide them to a healthier lifestyle.



Youth EFNEP Impacts Family Meals

EFNEP lessons are designed to engage participants and provide hands-on learning to help families and youth adopt healthy behaviors. Edgecombe County EFNEP took advantage of the opportunity to conduct face-to-face lessons when a local elementary school returned to in-person learning.

EFNEP teaches youth about the importance of adding more fruits and vegetables to their diets. During a lesson students named fruits and vegetables that start with each letter of the alphabet and identify if they like it, have tried it, or want to try it. When youth hear their peers enjoy a certain fruit or vegetable that they haven't tried, it motivates them to be more adventurous.

Recently, the Edgecombe County EFNEP educator crossed paths with a former youth participant and his family. They talked about meal plans that included many of EFNEP's recipes. The child shared that he helps plan and prepare meals. One of his favorite dishes to make are sandwiches because he can add many different vegetables like spinach, peppers, or cucumbers.

EFNEP impacted this young child to share what he learned with his family. As a result, they are now committed to trying new foods including fruits and vegetables.

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