

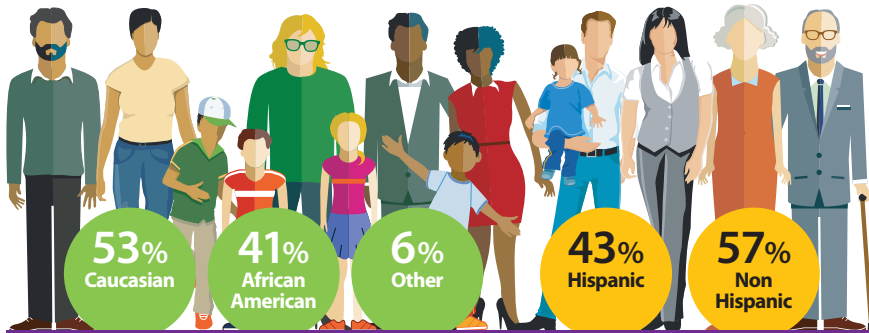
# NC Cooperative Extension 2021 REPORT

## 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 Forsyth County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Forsyth County, 69 individuals were reached through direct programming.

## EFNEP SUCCESS



### Shopping Smart on a Budget

Buying groceries might sound like a simple task, but many find it to be anxiety-inducing. The sheer number of choices combined with social distancing practices has made this task seem like a nightmare for many people.

The Expanded Food and Nutrition Education Program (EFNEP) in Forsyth County teaches adults skills to shop for healthy foods on a budget. The EFNEP educator has been teaching EFNEP classes virtually to adults during the pandemic. Many participants expressed interest in learning how to save money when shopping at the grocery store. During these lessons, emphasis was placed on teaching participants to confidently choose healthy and affordable foods at the grocery store. Participants learn how to buy seasonal produce, read nutrition fact labels, and determine which items have the lowest unit price.

**Participants expressed gratitude for these new skills and recounted stories of saving money each time they go to the grocery store** due to the lessons they have learned from EFNEP. As a result of EFNEP in Forsyth County, adults learned how to improve their diets and shop on a budget when at the grocery store.

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