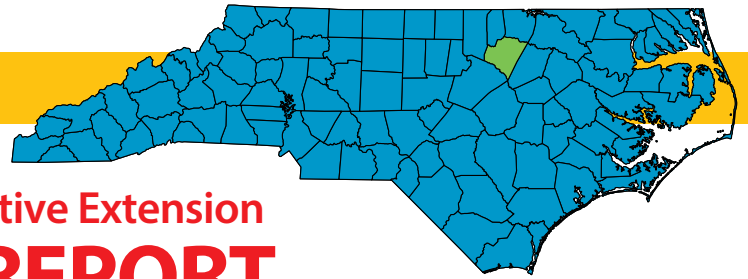




NC Cooperative Extension 2021 REPORT

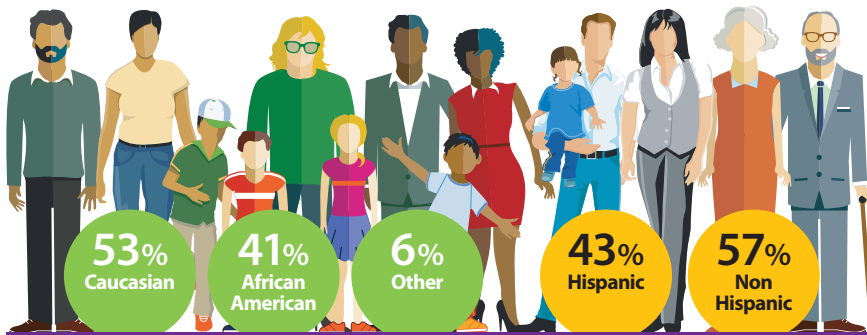


North Carolina

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 Franklin County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Franklin County, 105 individuals were reached through direct programming.

Franklin County EFNEP programs obtained **\$33,461** in funding and support from local efforts.

EFNEP SUCCESS

Keeping the Community Moving During the Pandemic

NC EFNEP encourages families to engage in a healthy lifestyle by participating in physical activities. The COVID-19 pandemic created challenges for families to remain active due to indoor facilities and recreation centers being closed. The EFNEP Educator in Franklin County partnered with the Healthy Treats Center to provide the community with nutrition lessons and provide opportunities to be active in a safe environment.

In 11 weeks, EFNEP provided participants with nutrition education lessons and healthy recipe videos. During each class, participants completed up to 60 minutes of physical activity provided by the professionals at the Center. Upon completing more than 10 EFNEP lessons, **85% of the participants increased their physical activity and 92% increased their fruit and vegetable consumption.**

Participants reported that they were **grateful for EFNEP because they learned how to eat more fruits and vegetables using budget-friendly ingredients and many participants even reported that they lost weight.** This unique partnership taught participants how to live a healthy lifestyle and provided opportunities to apply what they had learned during the program. With the combination of nutrition and physical activity topics taught in EFNEP, participants were able to engage in healthy behaviors and stay safe and healthy during the pandemic and beyond.

EFNEP Partners to Provide Fresh Produce to the Community

As a result of the COVID-19 pandemic, Franklin County's unemployment rate increased 8.4% from January to May 2020. Unfortunately, money continues to be a concern for many families, negatively impacting access to healthy and fresh foods. To address this issue, Franklin County EFNEP Educator created partnerships to provide the community with essential food resources. EFNEP partnered with the local senior center, farmer's markets, and a faith community to provide EFNEP participants with fresh fruit and vegetables and food boxes.

To expand the reach of EFNEP, the educator partnered with another local educator to reach participants in the surrounding area. Participants completed 12 virtual lessons where they learned how to shop on a budget, prepare healthy recipes, and engage in physical activities. To aid in implementing these healthy behaviors, the senior center provided \$8 market vouchers, and the faith community donated food boxes to participants.

With the pandemic only exacerbating food insecurity, EFNEP's virtual classes paired with local supportive partnerships proved to be a vital resource for the community. Without the food boxes and vouchers for fruits and vegetables, these families expressed concern that they would not have been able to provide enough food to feed their families. EFNEP prepared recipes using ingredients in their food boxes. **All participants in this class reported improvement in their food resource management practices. As a result of EFNEP's online programming and access to food resources, fewer Franklin County families will experience food insecurity.**

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