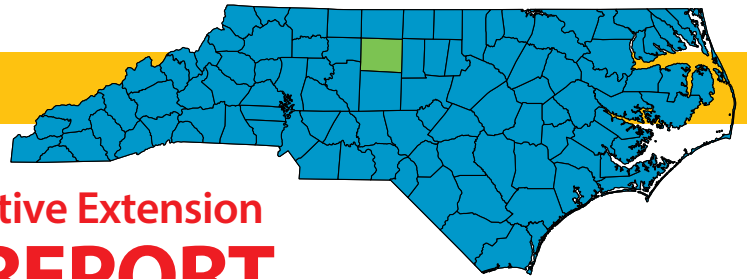




# NC Cooperative Extension 2021 REPORT

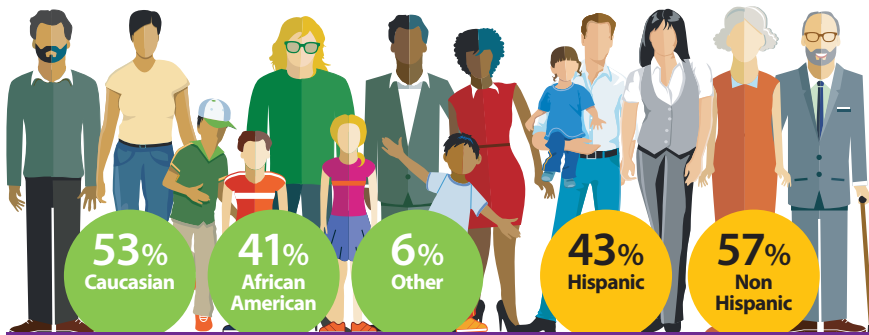


## North Carolina

### 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 Guilford County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Guilford County, 668 individuals were reached through direct programming.

Guilford County EFNEP programs obtained **\$36,736** in funding and support from local efforts.

## EFNEP SUCCESS



### EFNEP Helps Mother Plan Meals

A participant in Guilford County's EFNEP program expressed how hard it was to stay motivated to cook healthy meals for a small household. The lack of motivation led this participant to eat out frequently and binge on unhealthy snacks to satisfy cravings. Regarding the preparation of small meals, she said, "It's discouraging to have to cook and clean every day." This participant, a mother of two children struggles to cook healthy and satisfying meals.

EFNEP participants learn how to utilize simple, low-cost recipes that don't take a long time to cook. By learning how to properly cook and store food, this participant was able to plan out two days in the week where she would prep and cook enough food to last throughout the week. She was able to grab an already prepared dinner out of the fridge and quickly have a complete meal ready for dinner. Following each lesson, the EFNEP educator would challenge the participants to try the recipe from class at home and post pictures in their class Facebook group. Participants posted weekly with new things they learned while cooking at home. **As a result of EFNEP's lesson "Plan: Know What's for Dinner," she is now able to correctly plan, shop, fix, and eat more healthy meals at home and save time in the kitchen.**

At the end of the series, the participant posted her excitement in the Facebook group, sharing how much time she had saved and her ability to effectively plan out meals and avoid cooking every day. The participant also shared that she hopes to continue expanding the variety of dishes she can cook and add to her meal plan. Because of EFNEP, she now has the information to help her continue making healthy lifestyle changes for her family.



### Students Learn to Make Healthier Choices

A local Family and Consumer Sciences teacher noticed that students were struggling with making healthy eating choices. The teacher decided to invite the EFNEP Educator into her classroom to teach students about nutrition and healthy eating. Through virtual Teen Cuisine lessons, the EFNEP educators provided this education to students virtually during the pandemic.

In order to maintain engagement between lessons, the EFNEP Educator held Q&A sessions with the students. She used that time to review concepts from last week's lesson and gave students the opportunity to share changes they made as a result of what they learned.

When students were asked what their favorite part of the EFNEP series was, one student stated that he liked the "claw method" which is a safety method used when cutting foods. He never knew there was a specific way to hold food that prevents the risk of injury. Another student expressed how she liked learning about "Go, Slow, & Whoa" foods. She said that when the foods were categorized by Go, Slow and Whoa, it was easier to make more mindful food choices.

**As a result of EFNEP, the classroom teacher said that she had noticed students putting more thought into their food choices and choosing healthy food options more often.**

Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

