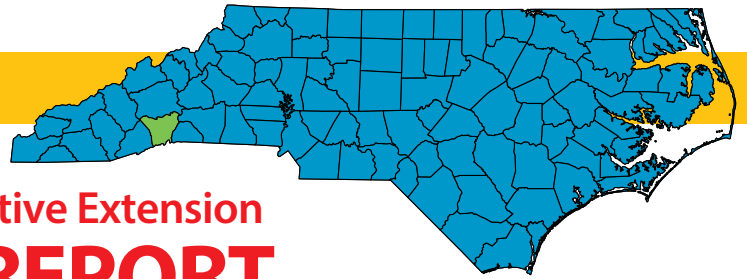




# NC Cooperative Extension 2021 REPORT

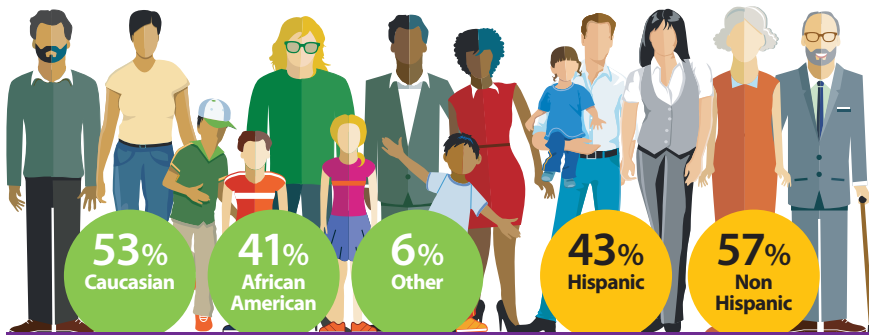


## North Carolina

### 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 Henderson County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Henderson County, 187 individuals were reached through direct programming.

Henderson County EFNEP programs obtained in funding and support from local efforts.  
**\$36,646**

## EFNEP SUCCESS



### Hendersonville EFNEP Partners with Park Ranger to Encourage Healthy Habits

EFNEP partnerships are a crucial component of successful programs. In Henderson County, the EFNEP Educator developed a beneficial partnership with Dandelion, a restaurant owned by Safelight Inc., a nonprofit agency that provides support for survivors of interpersonal violence, sexual assault, and child abuse.

EFNEP classes were provided to participants and their children at Safelight. These classes were held in the Dandelion kitchen, allowing the chef to assist with teaching participants food preparation skills and trying new foods. One participant remarked that she thought cooking at home was too expensive. EFNEP taught her that making meals at home saved money that could be used for other necessities.

To encourage family engagement, Safelight arranged for the last class to be held as an outdoor activity at the Park at Flat Rock in partnership with a Park Ranger from Chimney Rock State Park. The goal was to provide a **holistic approach to better health by combining EFNEP classes with a class exploring outdoor trails and parks**. The ranger presented the children with physical activity books and an essential trail tool kit (snacks, bandannas, and a whistle).

After the Ranger's presentation, participants received a certificate for completing EFNEP classes and participated in a walk on the trail including exercises from the physical activity book. To encourage continued healthy behaviors, participants received tickets to visit Rock State Park. **This partnership allowed families to bond over healthy behaviors they can continue in the future.**

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