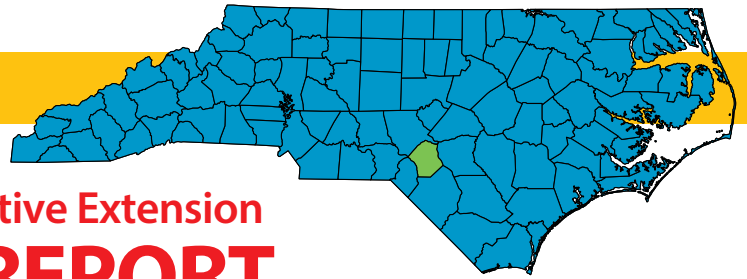




# NC Cooperative Extension 2021 REPORT

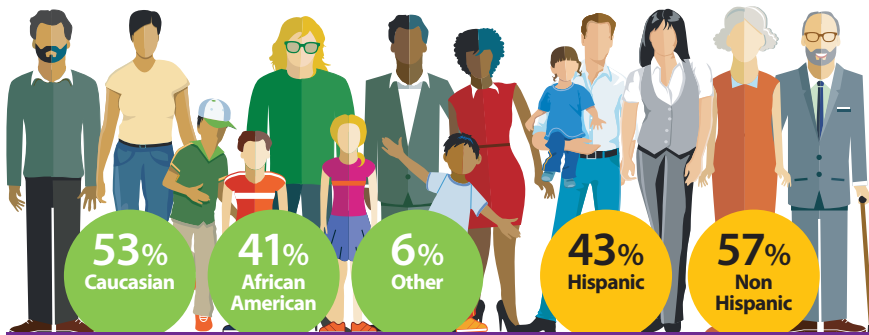


## North Carolina

### 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 Hoke County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Hoke County, 119 individuals were reached through direct programming.

Hoke County EFNEP programs obtained  
**\$398** in funding and support from local efforts.

## EFNEP SUCCESS



### Extension and EFNEP Go the Extra Distance to Provide Healthy Meals for Families in Need

Due to COVID-19, many Hispanic families in Hoke County faced food insecurity. Although several organizations provided free food, many families did not have transportation to pick up the food at various distribution locations.

After being made aware of this problem, NC Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) educator partnered with Hoke County's Parents as Teachers program. They worked together with the Hoke County Public Schools Summer Feeding Program to deliver breakfast and lunch boxes to Hispanic families in the community.

**The food boxes contained healthy and nutritious meals for the families as well as EFNEP recipes and instructions on how to handle and store the foods properly.** The children and their parents were grateful and appreciative of the food boxes. This partnership allowed these families to nourish their bodies with healthy breakfasts and lunch for an entire week.

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