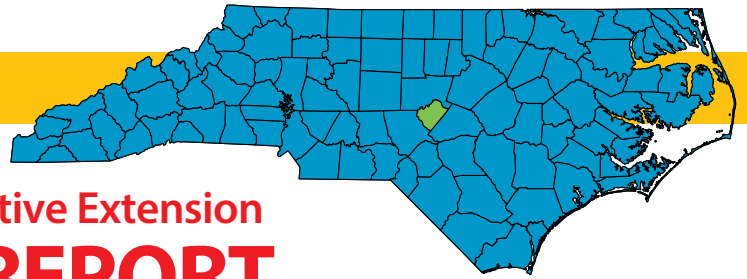




NC Cooperative Extension 2021 REPORT

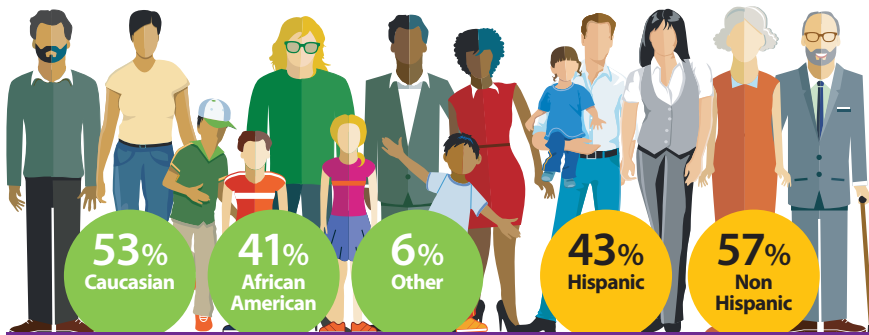


North Carolina

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 Lee County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Lee County, 239 individuals were reached through direct programming.

Lee County EFNEP programs obtained
\$798 in funding and support from local efforts.

EFNEP SUCCESS



Despite COVID-19 Restrictions, Students Receive Interactive EFNEP Lessons

EFNEP collaborated with a local middle school to provide nutrition education to its sixth-grade students.

The students participated in interactive EFNEP lessons through a virtual online learning platform. The EFNEP educator used an interactive presentation software which allowed the students to participate in the class via their computers or personal devices. In addition, the EFNEP Educator uploaded pre-recorded lesson videos and food demonstration videos for students to watch on their own. The educator challenged the students to try preparing the simple yet healthy recipes with their families.

By the end of the EFNEP series, the students reported that they preferred to eat the overnight oats they learned to make in EFNEP than the ones their parents bought from the store. When asked about healthy behavior changes they made since the beginning of the lessons, **students reported choosing to make “an EFNEP smoothie instead of eating ice cream,” “drinking more water,” and “being more active outside.”**

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