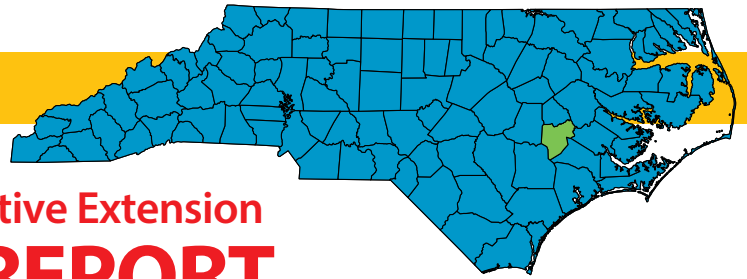




NC Cooperative Extension 2021 REPORT

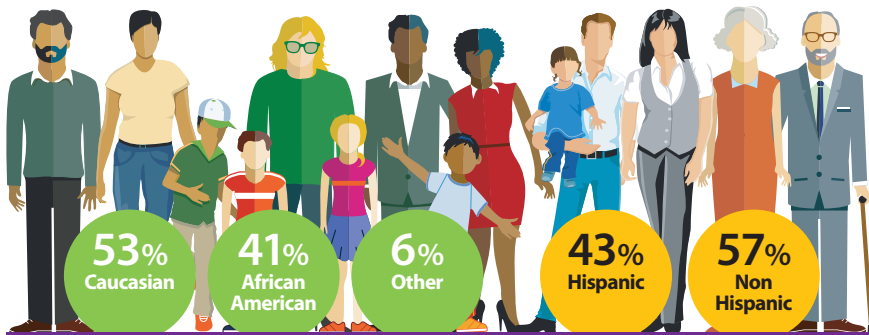


North Carolina

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 Lenoir County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Lenoir County, 155 individuals were reached through direct programming.

Lenoir County EFNEP programs obtained
\$26,548 in funding and support from local efforts.

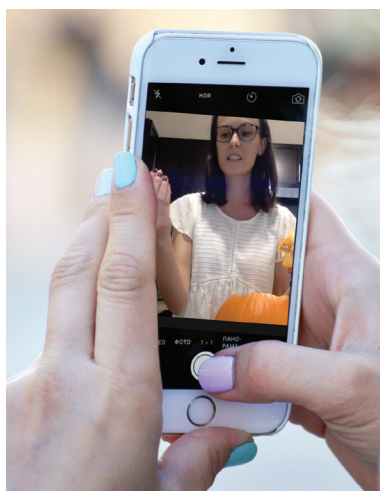
EFNEP SUCCESS



EFNEP Food Demonstration Videos Impact Participants

The director from a local substance abuse center reached out to the EFNEP educator to provide nutrition education classes to their clients. She wanted them to learn about eating healthy to aid in their recovery.

EFNEP's success is due in part to the hands-on food demonstrations. Unfortunately, due to COVID-19 restrictions, changes had to be made. The educator would share a recording of the recipe being prepared and the participants



would prepare it at home with food provided by the center.

During each class, the educator taught the EFNEP lesson like usual and played a pre-recorded food demonstration video. At the end of each class, participants received a bag of ingredients along with a copy of the recipe to take home.

Participants were so excited to try the recipes each week. **They loved how tasty, quick and easy they were to prepare for themselves and their families.** One participant stated that he was so proud of himself for being able to do something good for his family. He admitted to making lots of mistakes in the past but doing this one thing (even as small as it was) made him so proud.



EFNEP Partners Fill a Need by Opening a Food Pantry

For many years, EFNEP has partnered with Lenoir Community College to provide classes through their *Transitional & Career Studies Program (TCSP)*. The goal of TCSP is to increase literacy among participants and to obtain the knowledge/skills necessary for employment.

Over the past year, non-essential services were temporarily stopped. When governmental restrictions were lifted, the educator reached out to the program's coordinators to restart classes as safely and effectively as possible. Classes looked very different. Many precautions were put in place to ensure that everyone remained safe, including: limiting class sizes, spacing out six feet apart, limiting food demonstrations, etc.

Traditional EFNEP classes usually include a food tasting, food demonstration or hands-on food preparation with participants. However, due to the pandemic, it was decided that participants would receive a pre-packaged, unopened healthy snack at the completion of the class.

Each week, participants and instructors talked about how much they really enjoyed the pre-packaged items. They often asked about costs and where to purchase the items. It turned out that many of them needed extra food to bring home but were unable due to financial reasons.

As a result of EFNEP's dialogue learning approach, participants shared that they had a dire need for extra food resources. This prompted the department to open a Healthy Food Closet pantry for the students. Teachers and staff supply the closet with healthy food items, which are available for all who need it. Program coordinators hope to add other non-perishable foods to the closet's supply and want to introduce the concept to other departments.

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