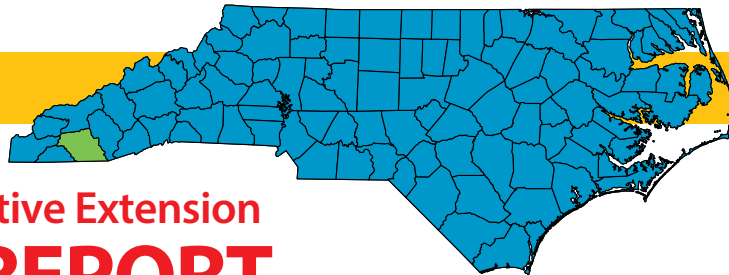




NC Cooperative Extension 2021 REPORT

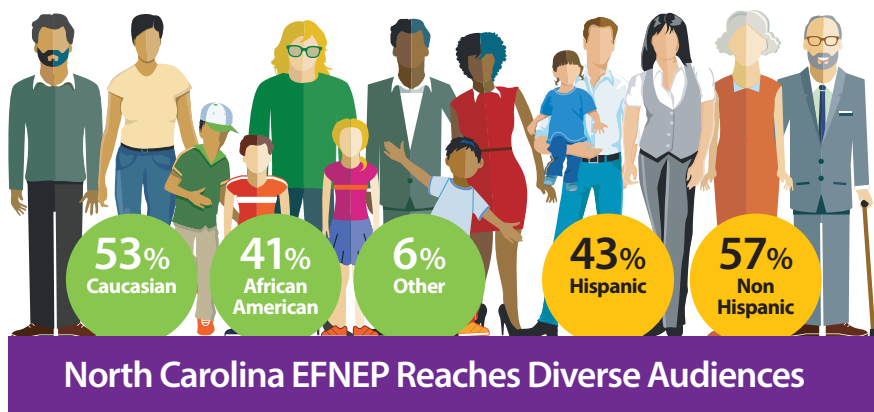


North Carolina

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



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:

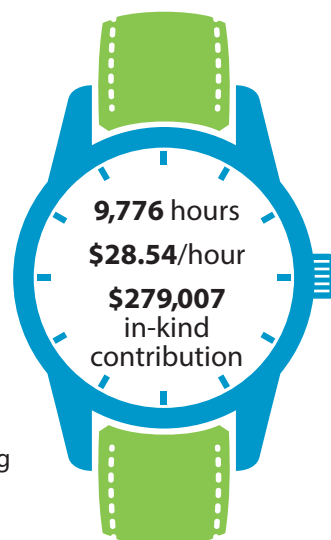
- Make wise food choices
- Increase daily physical activity
- Manage food resources
- Practice food safety

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 Macon County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Macon County, 1,149 individuals were reached through direct programming.

Macon County EFNEP programs obtained
\$21,046 in funding and support from local efforts.

EFNEP SUCCESS



Macon Students Learn Life-Changing Lessons from EFNEP

The Macon County Expanded Food and Nutrition Education Program (EFNEP) enrolled over 300 middle school students to deliver the Teen Cuisine curriculum. This curriculum is fun for the students because of all of the hands-on activities. Everything from knife skills, measuring activities, reading nutrition facts labels, reading recipes, making yogurt parfait, veggie pasta, tuna sliders and omelets are covered.

After this year's lessons, one of the parents contacted the educator and shared a huge success. Her son insisted on making the tuna burgers and oven baked fries for his family. His mom said she was so impressed with the skills he had learned including following the recipe step by step, hand washing and the preparation of the meal. She offered to chop the onion to help him and he told her that he had learned how to cut an onion and potatoes in his class. She shared



that he is much more independent in the kitchen now and is not afraid to prepare easy things for himself. **She is very thankful for the EFNEP program and told the educator that she realizes the skills that he has learned will impact his health for the future.**



EFNEP Classes Impact Entire Family

The Macon County Expanded Food and Nutrition Education Program (EFNEP) partnered with a local intermediate school to help youth understand the benefits of eating more fruits and vegetables. The EFNEP educator delivered Teen Cuisine nutrition education classes demonstrating how to make healthy, fun and tasty recipes with fruits and vegetables. Teen Cuisine covers MyPlate and the five food groups, proper food safety practices, handwashing, and the importance of physical activity. Students also had the opportunity to sample new, healthy recipes and do hands-on activities with each lesson that made learning about nutrition exciting.

A few weeks later the Macon County Cooperative Extension social media page received an email from a parent of one of the students that was in that program.

In this email, **the parent stated that her daughter "...acquired great self-esteem [through] cooking [and learning] knife skills and food safety practices. She also likes to plan healthy meals. Today she made brunch. She made omelets, which she learned how to make in [the EFNEP] class."**

The lead teacher was also contacted by the parent and made aware of the success of the EFNEP program with the student. This was made possible because of the strong partnerships that the Educator has built with the Macon County Schools and teachers. The teacher is looking forward to having the EFNEP program back in her classroom next year.

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