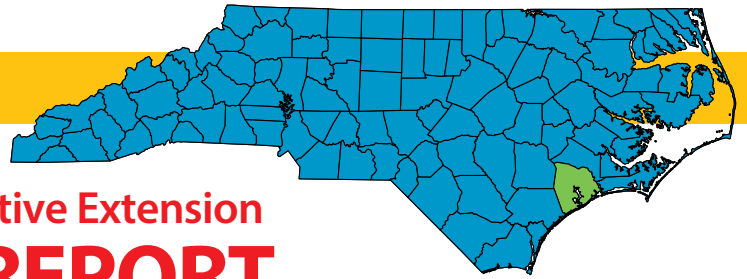




NC Cooperative Extension 2021 REPORT

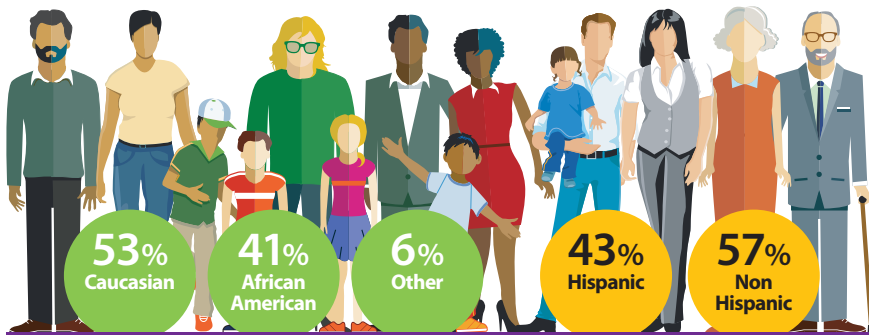


North Carolina

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 Onslow County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic.

Onslow County EFNEP programs obtained **\$25,908** in funding and support from local efforts.

EFNEP SUCCESS



EFNEP Partners with Women's Center

The Onslow County Expanded Food and Nutrition Education Program (EFNEP) partnered with a local women's center to deliver a series of nutrition classes. Going into the partnership, the educator knew that she would work with the moms and their children living at the center. She facilitated adult lessons and incorporated youth concepts each time she met with the women. Her goal was to ensure that the moms and their children were introduced to the same concepts so that they could prepare meals together at the center. With each week of teaching, the women became more empowered and comfortable with the educator. They began sharing the incremental changes they were making.

After facilitating all of the lessons, 100% of the women graduated from EFNEP. This was a huge accomplishment and the educator made graduation very special. Of the graduates, **90% showed improvement in one or more dietary quality indicators and 85% showed improvement in their physical activity.**

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