

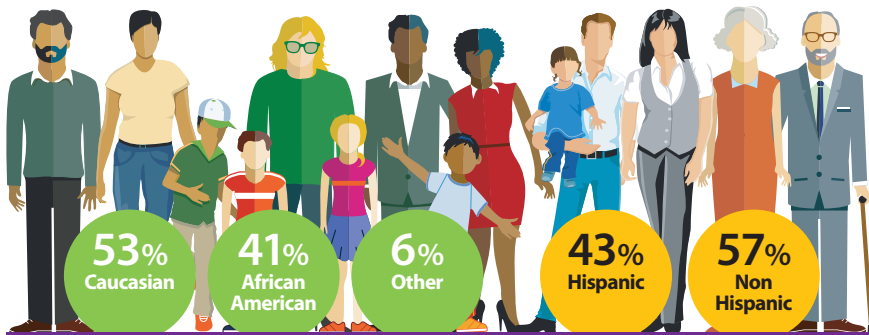
NC Cooperative Extension 2021 REPORT

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 Orange County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Orange County, 108 individuals were reached through direct programming.

Orange County EFNEP programs obtained
\$23,890 in funding and support from local efforts.

EFNEP SUCCESS



WIC-Approved Foods and EFNEP Recipes: The Perfect Combination

A young, single mother learned her child was underweight and anemic while visiting the nutritionist at the Women, Infants, and Children clinic. The nutritionist urged her to feed her four-year-old child the WIC approved foods as it will help increase his weight and iron levels. Unfortunately, the child was a picky eater and his mother did not know how to handle it. In addition, most of the WIC foods she bought went to waste because she did not know how to cook most of it. Frustrated and scared for her child, she reached out to her caseworker at El Centro Hispano (a non-profit agency serving Hispanic/Latino families) who referred her to the Orange County Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP).

While enrolled in EFNEP, the mother learned her way around the kitchen including how to read a recipe, and to use basic cooking equipment and tools. The EFNEP educator demonstrated different ways to use WIC foods by including them in a variety of recipes. Since children are allowed in EFNEP classes, the mother brought her child to every session. As a result, he was able to help with food preparation and was even able to taste what he helped prepare. **By the end of the program, the mother gained the confidence to prepare any meal using a recipe and to incorporate WIC foods into her cooking. She shared that by including her child in the cooking process, he was excited to eat the foods she made.**

Some time after the series ended, the mother took her son back to WIC for a follow-up appointment. The nutritionist was happy to see that the child gained weight and was no longer anemic. The young, single mother shared in a letter to the EFNEP educator that, "I am fascinated by the EFNEP cookbook with all the recipes I can make. I now prepare all the healthy meals...EFNEP changed our lives and now I am a happy content mother."

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