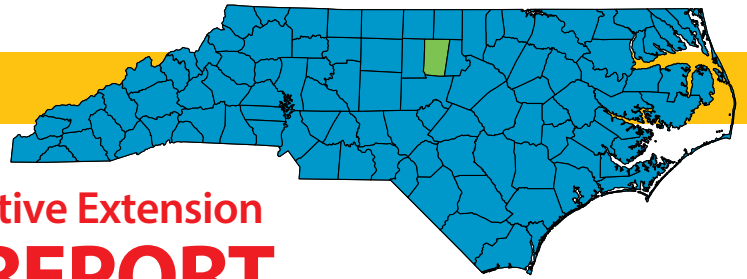




NC Cooperative Extension 2021 REPORT

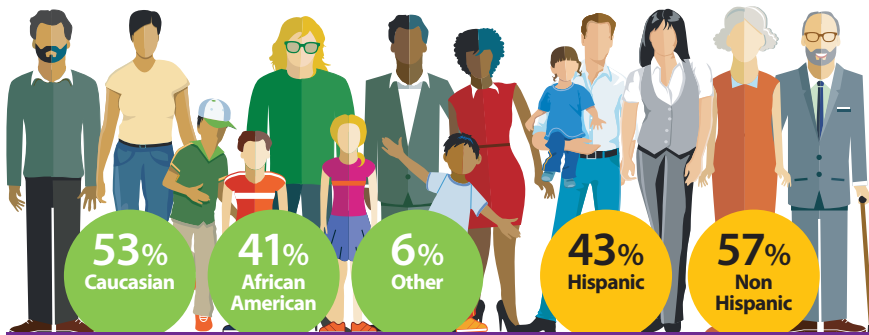


North Carolina

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 Pasquotank County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Pasquotank County, 345 individuals were reached through direct programming.

Pasquotank County EFNEP programs obtained in funding and support from local efforts.

\$27,629

EFNEP SUCCESS



EFNEP Leaves a Lasting Impression

The greatest teachers are those who leave a lasting impression on one's life. They impart wisdom, challenge us to grow, and also provide a safe space for exploring new ideas and ways of thinking. Often, we only realize the true impact these individuals have on our life in retrospect. It may not be possible to reconnect with great teachers, but for those who do, both the teacher and student find fulfillment knowing that their shared connection was meaningful.

One EFNEP educator received a phone call from a participant who was enrolled in the adult EFNEP program over 10 years ago. **The participant remembered the EFNEP educator and wanted to let her know that many of the healthy recipes that she learned how to prepare during the classes had become family favorites.** The participant told the educator that she was caring for her granddaughter and she was interested in teaching her some of the healthy food preparation basics that she learned in the EFNEP classes.

The educator was delighted to hear from this participant and took the opportunity to share many of the new resources that are now available in the EFNEP program. The participant was so excited to hear about this new material that she asked about returning to the EFNEP program to learn this new content.

This reconnection was made possible by rekindling and building upon an impactful teacher-student relationship. The educator left an impression on the participant that lasted over a decade. This interaction created a new opportunity for the participant to re-engage with EFNEP.



Uncovering Sources of Sneaky Sugar

The intent of the EFNEP curriculum is that the information learned by a class participant will be shared with all of the family members living in the same household. Lessons learned about eating smart and moving more will then positively affect the entire family and will serve as a catalyst to improve their health. Although the impacts may take time, small changes in behavior are the first step in lasting lifestyle modification.

One EFNEP educator learned about the impact that her lesson had on a family. She taught a class of third graders about the importance of reading food labels. The students completed a label reading activity to compare and evaluate the Nutrition Facts information on six different beverages in order to select the best options. They also learned the importance of limiting consumption of beverages with added sugars such as juice drinks, sweet tea or sports drinks.

After the class, one student had an opportunity to practice her skills when grocery shopping with her mother. The child remembered the food label comparison activity done in class and looked at the Nutrition Facts label of the juice beverage that her mom picked out. Noticing that the beverage had 25% added sugar, the child told her mother, "This juice has too much sugar in it." She asked her mother to purchase a beverage that contained 100% juice with no added sugar, because she had learned that too much sugar was not healthy.

Together, the child and her mother spent time looking at all of the juice options on the shelf and compared labels to determine which options were 100% juice. After selecting a healthy option, the mother told her daughter that she was so proud to have such a knowledgeable helper at the grocery store!

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