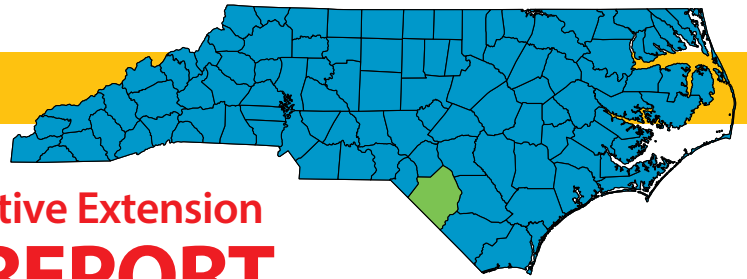




NC Cooperative Extension 2021 REPORT

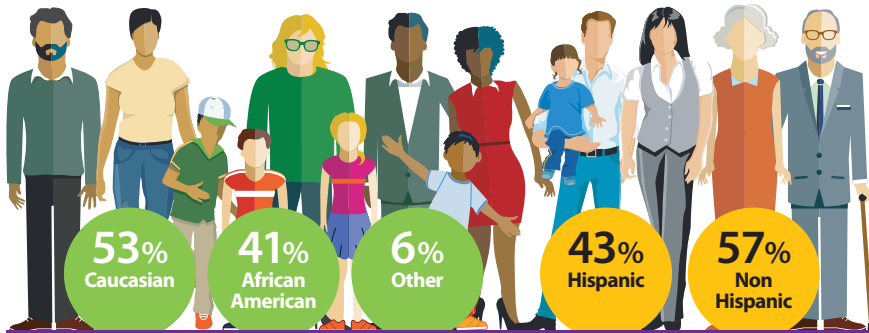


North Carolina

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 Robeson County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Robeson County, 309 individuals were reached through direct programming.

Robeson County EFNEP programs obtained **\$38,463** in funding and support from local efforts.

EFNEP SUCCESS



New Digital County-wide Collaboration Allows EFNEP to Reach More Families

In the Expanded Food and Nutrition Education Program (EFNEP), nutrition educators continually seek ways to enhance the visibility and impact of their programs. Whether this is through attending community events or presenting information about the program to community leaders, they look for ways to recruit partners and enroll participants.

In collaboration with the Healthy Robeson Task Force, EFNEP has been able to showcase its ability to be innovative by working with the Healthy Robeson staff to produce educational food demonstration videos as an addition to the "Healthy Pantry Initiative".

The EFNEP Educator provided healthy recipes based on items received from food donation boxes that are shared with limited-income families throughout the county.

As an addition to the video content, families also received recipe cards that include video links on how to prepare the items as well as the ingredients needed to prepare the recipes. From this partnership, EFNEP's visibility and digital footprint has increased, resulting in more partnerships and program participants.



Meeting the Needs of New Moms in Virtual Programming

Throughout the pandemic, the EFNEP Educator was able to maintain a continual partnership with Our House, an entity of Robeson Healthcare Corporation.

During the latest class series, the EFNEP educator and Family Consumer Sciences Agent worked collaboratively to facilitate online lessons over the span of 10 weeks. In that timeframe, EFNEP taught the ten core lessons, but also integrated the Eating Smart Throughout The Lifecycle lessons. This addition was a specific request of the agency since all participants were pregnant or breastfeeding. Having the FCS Agent be a part of the series was a great benefit because of the specialized information she was able to provide.

Participants shared their experiences about how participating in EFNEP classes helped them to improve their nutrition habits. One participant mentioned that she enjoyed being able to do the Move More exercises so much that she began to incorporate physical activity on a daily basis. Another participant shared that the breastfeeding and pregnancy lessons helped her to have a better understanding of the nutritional needs of her newborn.

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