

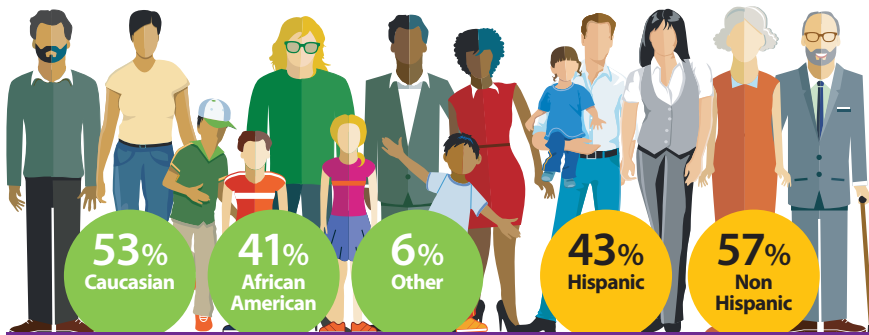
# NC Cooperative Extension 2021 REPORT

## 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 Rowan County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Rowan County, 48 individuals were reached through direct programming.

## EFNEP SUCCESS



### EFNEP Skill Builders Help Reinforce Learning Objectives

The Expanded Food and Nutrition Education Program (EFNEP) of Rowan County teaches limited resource youth and families with children the importance of healthy eating, physical activity, food safety, and food resource management. Youth of Rowan County are invited to participate in EFNEP's Camp, Cook, Play through summer camp programs. This series includes the following six lessons: Safety First, Five Food Groups, Grains, Fruits & Vegetables, Protein, and Dairy. Items such as jump ropes, lunch bags, and water bottles are provided as skill builders to help reinforce the lessons learned.

During the Five Food Groups lesson, the EFNEP educator discussed the importance of plain water being a healthy beverage choice. Participants learn the health benefits of water versus other drinks through various hands-on activities and demonstrations. Once the series is complete, the participants receive a water bottle to encourage them to drink more water.

One youth participant was particularly excited when she received her water bottle. The young girl exclaimed, **"I will only put water in my bottle because water flushes your body and makes you feel better!"** She and her family were thrilled to not only learn about good nutrition, but also to receive the skill builders to help them continue on their health journey.



### Youth Teaches Grandparent about Food Safety

The Expanded Food and Nutrition education (EFNEP) program works with youth to teach them about healthy eating, physical activity, and food safety. In the "Safety First" lesson of the Camp, Cook, Play curriculum the EFNEP educator teaches the children how to recognize unsafe kitchen and food preparation practices, how to follow safety rules for working in the kitchen, how to recognize the four core practices of preventing bacteria growth, and how to wash their hands properly. Kitchen safety is taught through a fun card activity where participants work with teammates to identify photos of safe and unsafe practices.

While teaching the Camp, Cook, Play curriculum to a daycare summer camp program, the EFNEP educator was impressed with one of the fifth grade students. He was very observant, asking and answering questions throughout the "Safety First" lesson. The educator learned that the young man lived with his two sisters and their grandmother.

Upon returning to the next EFNEP class, the fifth grader was overjoyed to share a story with the educator. Because his grandmother took such good care of him, he wanted to take care of her as well. When he observed his grandmother taking a hot dish out of the oven with a wet dish towel he asked, **"The next time you go grocery shopping, will you please buy oven mitts? They are safer to use, and you won't get burned!"** The boy's grandmother was very appreciative of how EFNEP was teaching him to be safe in the kitchen.

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