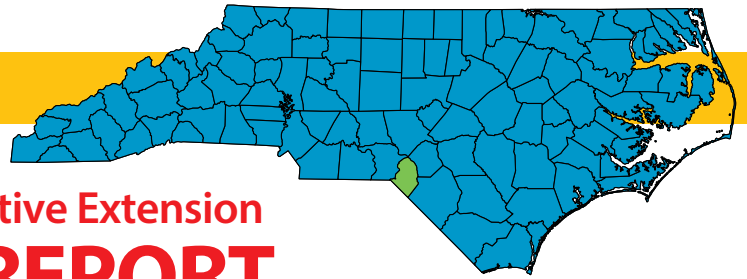




# NC Cooperative Extension 2021 REPORT

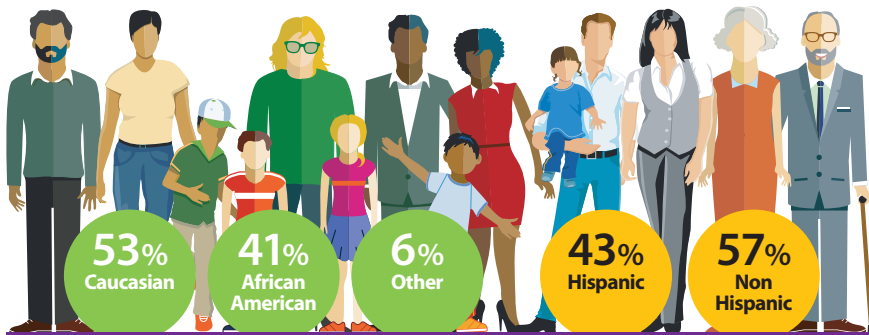


## North Carolina

### 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 Scotland County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Scotland County, 189 individuals were reached through direct programming.

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

# \$16,360

## EFNEP SUCCESS



### EFNEP Educator Makes a Lasting Impression

The Expanded Food and Nutrition Education Program (EFNEP) partnered with Scotland County Schools for a six-week nutrition education program during the 2020–2021 school year. During the program, the EFNEP educator taught students about the importance of eating a variety of fruits and vegetables. She taught them to “eat a rainbow” of colorful fruits and vegetables every day because they are high in vitamins, minerals, and fiber. She encouraged the youth to consider fruit as “nature’s candy” with their natural sweetness. Little did she know what a lasting impression she would make.

While the EFNEP educator was shopping at a local grocery store, she ran into a couple of her students from Scotland County schools. They were very excited to tell her about all the positive changes they had made since taking her class. They named several fruits and vegetables they had tried for the first time since learning about them in their EFNEP class, including star fruit, papaya, kiwi, asparagus, and eggplant!

The EFNEP educator also had an opportunity to speak to their parents. They reported that their children routinely asked that they purchase new foods to try at home. **The parents agreed that EFNEP had taught both themselves and their children how to eat healthier.**

The EFNEP educator in Scotland County has taught EFNEP for over 10 years and has reached thousands of youth during that time. She is able to relate to the youth in a way that creates a lasting, meaningful connection. Her ability to relate encourages the EFNEP participants to improve their health-related behaviors.



### EFNEP Partners with USDA Summer Feeding Program

Lack of physical activity and poor nutritional habits are major factors in overweight and obesity. The 2019 North Carolina Health Report Card reported only 26.7% of students ages 10 to 17 years and only 36.7% of children ages two to nine years met the recommended guidelines of sixty minutes or more of exercise per day.

The Expanded Food and Nutrition Education Program (EFNEP) in Scotland County partnered with 4-H and the county’s summer meal site to provide a seven-week program for the youth of Scotland County. The USDA Summer Feeding Program provides free healthy meals to children and teens in low-income areas during the summer months when school is not in session. EFNEP partnered with the summer meal site to provide education to encourage the youth to continue healthy behaviors at home. EFNEP Boot Camp, as this program is called, incorporates nutrition, physical activity, and hands-on food preparation in every lesson making the sessions fun and interesting! The EFNEP educator also provided healthy recipes to encourage the youth to eat more fruits, vegetables, low-fat dairy, and whole grains.

When picking up her child from EFNEP Boot Camp, one of the parents expressed her gratitude to the EFNEP educator for providing ideas on how to be healthier. **She reported that because the educator had taught her child how important physical activity was and how it could “jump start their day,” her family had begun performing 10–15 minutes of physical activity every morning.**

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