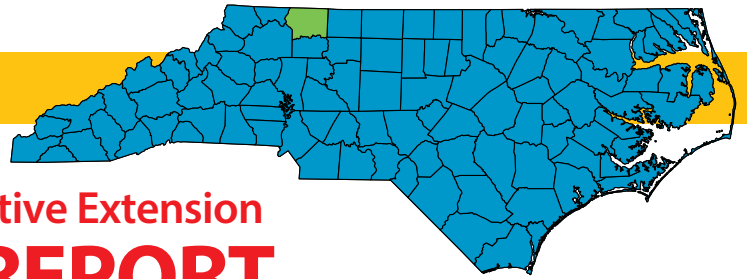




NC Cooperative Extension 2021 REPORT

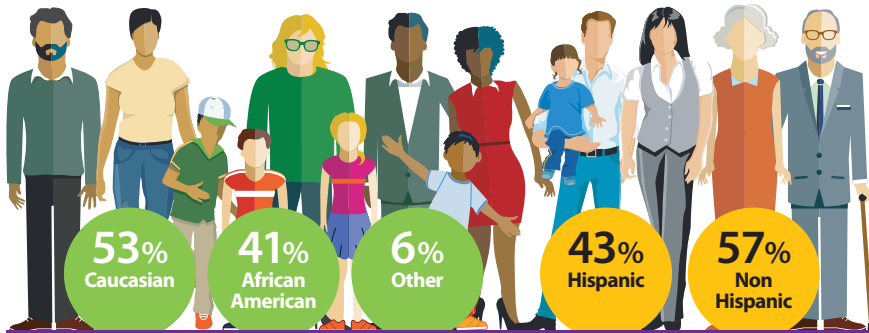


North Carolina

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 Surry County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Surry County, 274 individuals were reached through direct programming.

Surry County EFNEP programs obtained **\$42,092** in funding and support from local efforts.

EFNEP SUCCESS



More Water Please!

The human body is about 60% water, which means it needs to be replenished regularly to prevent potential health problems. Drinking enough water daily helps maintain the balance of body fluids, prevents dehydration, helps the kidneys work better, and may help maintain normal bowel function.

Students participating in the Expanded Food and Nutrition Education Program (EFNEP) classes in Surry County learned about the importance of drinking water instead of sugar sweetened beverages. They were taught to read the nutrition facts label to determine how much added sugar is in many of the common drinks. Students learned to convert grams of sugar to teaspoons.

During the series, one student was surprised to learn that drinking two cans of soft drink a day totaled about 20 teaspoons of sugar and no other nutrients. This knowledge inspired him to reduce his soft drink consumption and choose water instead. **By the end of the series, the student shared that he gave up soft drinks completely. He also reads the nutrition facts to determine how much sugar is in food before making a decision to eat or drink it.**

By demonstrating how to read the nutrition facts label and how to convert grams of sugar to teaspoons, the EFNEP educator inspired the student to make a personal change that will result in his improved overall health.



Food Instead of Medicine

Choosing healthy foods can have a variety of positive effects on our bodies. The Expanded Food and Nutrition Education Program (EFNEP) teaches families and children how to identify healthy choices in their diet.

A mother of two young children wanted to improve her health so she didn't end up needing medication. She enrolled in Surry County's

EFNEP where she learned strategies to make healthy food choices.

In the "Shop for Value, Check the Facts" lesson, she learned to read the

nutrition facts label in order to determine sodium, sugars, and fat content. She wasn't aware of how certain nutrients can have an effect on her health. By understanding the nutrition facts, she is able to choose healthier food when grocery shopping. Additionally, **she's more mindful of purchasing less processed foods and choosing fresh fruits and vegetables instead.** After a few weeks of making these changes, she has shared that she feels more energetic and healthier.



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