

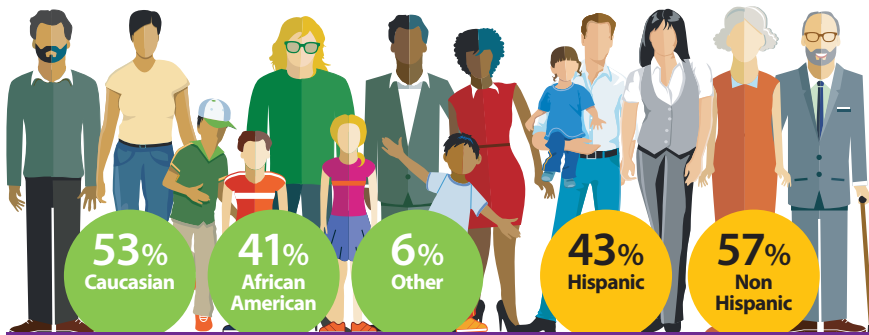
NC Cooperative Extension 2021 REPORT

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 Transylvania County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic. In Transylvania County, 135 individuals were reached through direct programming.

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

\$10,672

EFNEP SUCCESS



EFNEP Educator Partners with School Nutrition Services to Provide Food Tasting for Students

The Dietary Guidelines recommend that we consume a variety of foods to ensure a healthy eating pattern. But many children often refuse new or healthy food options. Children's rejection of a food can usually be attributed to two factors: either food neophobia or picky eating behaviors. Enjoying a new food is strongly correlated with exposure. Therefore providing children with many opportunities to try a food is essential to developing a healthy eating pattern.

Food neophobia, the reluctance to eat new foods, is fairly common in young children. Scientists report that it can take eight to 15 exposures before children are ready to eat a new food. Knowing this, the EFNEP Educator knew the importance of students trying new foods. In the past, a food tasting (nutritious snack) was provided as a part of every lesson. With current COVID safety measures put in place, it appeared that food tastings would not be possible as part of nutrition education. The educator partnered with Transylvania County School Nutrition Services to provide a nutritious snack to students that complimented their nutrition education series.

In order to work within the guidelines from both the school system and NC State Extension, the EFNEP educator requested the School Nutrition Director order the food supplies. The school food service staff prepared packaged, individual portions for all students to comply with safety guidance. The EFNEP educator distributed the snacks as part of the final lesson of the series.

Recognizing the importance of trying new foods and finding new ways to provide this experience greatly enhanced the educational experience. **The relationship forged between School Nutrition Services and EFNEP will further integrate nutrition education into everyday school food service.**

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