

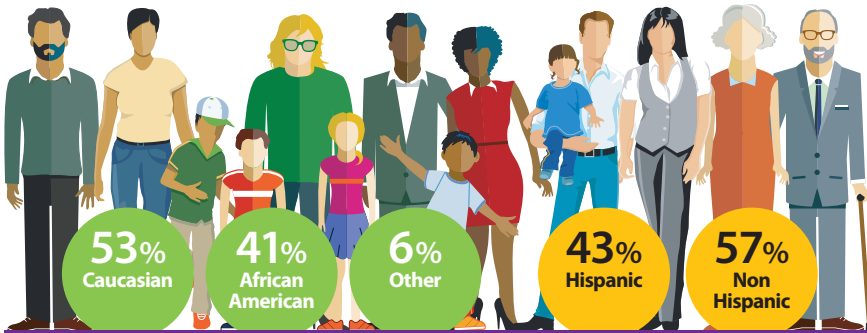
NC Cooperative Extension 2021 REPORT

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 Union County Report

EFNEP used multiple strategies to get needed nutrition and food safety information to low-income audiences throughout the pandemic.

Union County EFNEP programs obtained **\$21,046** in funding and support from local efforts.

EFNEP SUCCESS



EFNEP Participants Learn Skills to Include Healthier Protein Foods into Their Diet

According to data collected at entry, participants in the EFNEP program were eating meat products that were heavy in natural fats. Additionally, the meat was prepared using unhealthy cooking methods such as frying in additional oils and adding salt and enriched flour. This process contributed to high cholesterol levels, high blood pressure, and spiked sugar levels that can occur from the enriched flour.

To introduce the participants to other healthier options for protein sources, the EFNEP Nutrition Educator partnered with Brother's Seafood Hut and Cook Shed, a SNAP program participant, to offer seafood preparation workshops, in coordination with regular EFNEP classes. According to the USDA Agricultural Research Service, fish is an excellent source of protein and studies have shown that eating fish reduces the risk of heart disease. According to the USDA Agricultural Research Service, fish is an excellent source of protein, and studies have shown that eating fish reduces the risk of heart disease. Fish is high in omega-3 fatty acids which can reduce blood clots and irregular heartbeats.

Participants learned to prepare a variety of fish and other seafood in healthy ways. Participants learned to use herbs and lemon to season seafood. They also learned baking and sautéing methods. In addition to learning cooking skills, participants learned to prepare their fish at home for freezing. Food resource management is a major component of the EFNEP program. Participants received hands-on practice fileting and "butterflying" fish. They also learned to prepare a fish for "whole" presentation.

During each class, the participants discussed the seafood they had prepared at home. Most had never eaten fish such as porgies, sea bass, and speckled trout. **The opportunity to prepare the fish in class and taste it, opened up a world of new ideas for healthier protein options for meal preparation.**

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