

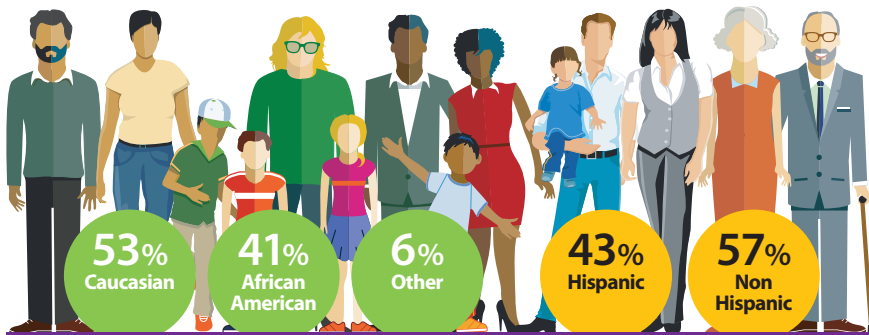
# NC Cooperative Extension 2021 REPORT

## 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 Yancey County Report

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

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

## EFNEP SUCCESS



### Students Use Food Labels to Make Healthy Choices

Through Yancey County's Expanded Food and Nutrition Education Program (EFNEP), students at a local elementary school learned strategies to improve their overall diet by reading food labels. Following lessons each week, the EFNEP educator challenged participants to read food labels to learn about the nutrients in their foods.

One teacher noticed that before EFNEP lessons, students often ate their snacks and lunches without conversation focused around their food choices. However, as a result of EFNEP, she noticed that at some point every day she would hear a conversation about food labels. As a result of the Food Labels and Nutrition Facts Panel lesson taught in the fourth grade curriculum, these students discussed the amount of vitamins, minerals, fat, sugar and other nutrients found in their food choices. The EFNEP Educator believes the teacher's involvement and support greatly contributed to the students' shift in conversation.

This teacher shared that she has conversations with her students about making healthy choices and encourages them to apply the information they learn in their EFNEP lessons. She said, "I think these lessons are so valuable because even adults can be confused about this information, and it seems like many of them don't get this kind of information at home." Because of EFNEP, Yancey County students now have conversations about the nutrition their food provides them and are able to think critically about their choices. The students themselves reported that they enjoy knowing more about their food choices.

**"I always read food labels now and try to find foods that are lower in sugar," one student shared in class.**



### Participants Learn Value of Healthy, Affordable Foods

Through Yancey County's Expanded Food and Nutrition Education Program (EFNEP), adult participants learned strategies to improve their overall diet and how to share this information with their families. They learned the value of meal planning and using unit pricing to extend their food dollars. During that lesson, the EFNEP educator provided the opportunity for participants to plan their meals for the upcoming week, considering their families' preferences when possible.

While moving through the "Shop: Get the Best for Less" lesson and tasting the recipe Tuna Burgers, one participant remarked, "I'm not a huge fan of tuna, but I could actually eat that regularly, which is great because tuna is so affordable! I bet I could get my family to eat it, too." This sparked a discussion amongst the group that there are healthy foods that they don't always enjoy upon first trying them, but they noticed that if they kept trying foods in different ways, most of the time they would find a way that they enjoyed those foods that were new to their diets. The EFNEP Educator reinforced the value of trying a variety of food combinations, especially when the healthy food is an affordable one, like tuna.

At a later date, the same participant reported that she had prepared the Tuna Burgers recipe for her family, "Not everyone loved it, but I was happy that everyone was willing to try it."

**Because of EFNEP, Yancey County adults learn creative ways to introduce or reintroduce foods into their own diets, as well as those of their families.**

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