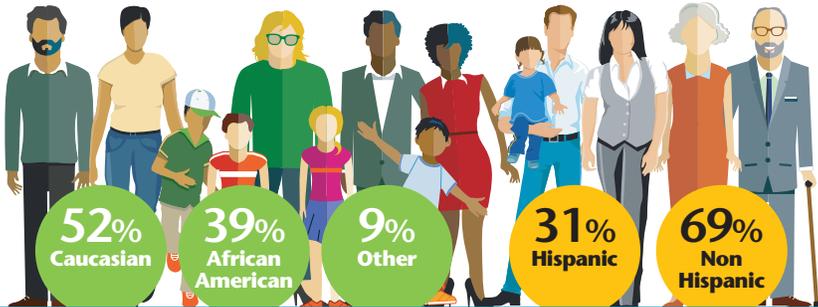


# NC Cooperative Extension 2020 REPORT

## 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 2020:

**2,053** families enrolled in EFNEP    **10,731** participated in 4-H EFNEP

**85%** of EFNEP participants enrolled in one or more food assistance programs.

## 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 2020, EFNEP served 45 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

**92%** of EFNEP participants improved dietary intake.

**51%** now practice daily physical activity.

**90%** practice better food resource management.

**91%** have improved their food safety habits.

## EFNEP Adapts to Reach Participants During the COVID-19 Pandemic

A collaboration between NC State's SNAP-Ed/Steps to Health, Local Foods and EFNEP resulted in **102,000** families receiving nutrition and food safety information through **264** emergency food distribution sites across the state.

**3,177** low-income families and youth participated in the program using live remote and pre-recorded online lessons.

**65,140** individuals viewed nutrition information via EFNEP state and county social media pages.



# 2020 NC Cooperative Extension Macon County Report

In Macon County,

**803** individuals were reached through direct programming.

Macon County EFNEP programs obtained

**\$500** in funding and support from local efforts.

## EFNEP SUCCESS



## Art Teacher Learns Cooking Skills

The Youth EFNEP program often extends far beyond the students in the classroom. Often it impacts the entire school family. The EFNEP Educator in Macon County taught a Teen Cuisine nutrition program with MVI sixth graders. The students learned all about food safety, food security, hands on food prep and nutrition. One of the lessons included teaching students how to read recipes, practice knife skills and prepare a recipe of tuna patties. The students had some of the tuna patties leftover from that lesson and shared these left-over patties with the teachers down the hall from the health classroom. The following day the teachers were all raving about the tuna patties and wanted the recipe.

The EFNEP Educator was able to share one of the adult cookbooks with the art teacher. She shared with the Educator that she had really never learned to cook and did not know where to start. She was very excited to get the cookbook and planned to try many of the recipes.

A couple of weeks later she posted the cover of the NC. EFNEP cookbook on her Instagram page with the caption *"due to COVID-19 isolation, I'm going to learn to cook."* She later contacted the Educator and mentioned that she is going through the cookbook and trying the recipes and cooking techniques that she is learning. Thanks to EFNEP she now considers herself a cook and is branching out to other cookbooks.

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