



# EFNEP ON ACTION AGENDA

UPDATE AND OUTREACH DURING COVID



# EFNEP INFORMATION CARDS




The Expanded Food and Nutrition Education Program (EFNEP) offers **simple solutions** to help families **eat smart** and **move more**.



**NC STATE**  
EXTENSION

For more information, contact us through your local Cooperative Extension office or email: [lorelei\\_jones@ncsu.edu](mailto:lorelei_jones@ncsu.edu).

102,000 packets were printed and distributed across the state.

 Whether it's learning a low-cost recipe you can make with your family or an online nutrition lesson for your child, we are here to help. Follow us at [NC\\_EFNEP](#) on our social media sites for live classes, recipes and activity ideas.



# COUNTY SOCIAL MEDIA

**NC EFNEP - Columbus County** was live. May 22 · 🌐


Here is the link to a really cool information site where you can look for places that have free feeding programs going on in your area. It is created by USDA and location reach is all over the United States. Happy Day!

<https://usda-fns.maps.arcgis.com/.../webapp.../index.html...>



**NC EFNEP - Columbus County** May 21 · 🌐

Here is a tasty treat you can prepare at home with just a few simple ingredients you probably have in your pantry. Enjoy.



**Columbus County Cooperative Extension** May 20 · 🌐

We are all trying to limit our exposure to the grocery stores at this time. Here is a delicious way to use ingredients you have on hand to make a quick fruit sa... [See More](#)

👍👍 3

👍 Like    💬 Comment    ➦ Share

Write a comment...


**NC EFNEP - Columbus County** May 12 · 🌐

As North Carolina begins to slowly re-open, know Your Ws! Wear. Wait. Wash.


WEAR a face covering,  
WAIT 6 feet apart from other people.  
WASH your hands often

**Staying apart brings us together. Protect your family and neighbors.**

Stay home if:




You are sick.




You are at higher risk of serious illness from COVID-19.


**If you leave home, know your Ws!**




**WEAR**  
a cloth face covering.



**WAIT**  
6 feet apart. Avoid close contact.



**WASH**  
hands often or use hand sanitizer.



# SOCIAL MEDIA

NC EFNEP - Expanded Food and Nutrition Education Program  
March 30



**Farmer Foodshare**

March 27

That wall of 125 emergency food boxes -- sourced by [Inter-Faith Food Shuttle](#), delivered by [Farmer Foodshare](#), and coordinated by [NC Cooperative Extension- Wake County Center](#) -- is headed to children in need today, providing much needed food for kids in the [Wake County Public School System](#) this weekend!

164  
People Reached

10  
Engagements

Boost Unavailable

NC EFNEP - Expanded Food and Nutrition Education Program  
May 13

Our Wake County EFNEP team, HilianaPatino Efnep and Amanda Efnep, continues to help feed those in need in our community. Recently they distributed food to communities in North East Raleigh. [Oink N Moo by two brothers](#) was on site as well to provide free meal to residents! Great things can happen when community partners come together!  
[Wake County Cooperative Extension](#)



327  
People Reached

35  
Engagements

Boost Post

8

2 Shares

Post Details

NC EFNEP - Expanded Food and Nutrition Education Program

Published by Megan CH [?] · April 7

Produce has not been identified as a risk factor for the transmission of COVID-19. However, you should still take precautions when shopping for and eating produce. As always, wash your produce with water (not soap!) before eating.

For more and up-to-date information click here:  
<https://foodsafety.ces.ncsu.edu/covid-19-resources/>

**COVID-19 AND FOOD SAFETY FAQ**  
FRESH PRODUCE

**COULD EATING FRESH PRODUCE THAT HAS BEEN CONTAMINATED CAUSE COVID-19?**

- CDC, FDA and USDA are not aware of any reports at this time that suggests the virus that causes COVID-19 is spread by eating food that might inadvertently contain small amounts of virus.
- Produce has not been identified as a risk factor in the transmission of other respiratory virus outbreaks.
- Follow good food safety practices whenever preparing, storing, or consuming foods.

**COVID-19 AND FOOD SAFETY**  
FRESH PRODUCE

Produce is not identified as a risk.

Only touch what you will buy.

Wash produce with water.

Freeze and preserve your produce.

Stay informed: [go.ncsu.edu/covid-19](https://go.ncsu.edu/covid-19)

NC STATE UNIVERSITY

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NC STATE UNIVERSITY

**Get More Likes, Comments and Shares**

When you boost this post, you'll show it to more people.

1,744  
People Reached

172  
Engagements

Boost Post

Kathy Copeland, Lorelei Jones and 5 others

25 Shares

Like

Comment

Share

More

Performance for Your Post

1,744 People Reached

59 Reactions, Comments & Shares

7 Like  
7 On Post  
0 On Shares

32 Love  
7 On Post  
25 On Shares

2 Comments  
0 On Post  
2 On Shares

25 Shares  
25 On Post  
0 On Shares

113 Post Clicks

32 Photo Views  
4 Link Clicks  
77 Other Clicks

NEGATIVE FEEDBACK

1 Hide Post  
0 Hide All Posts

0 Report as Spam  
0 Unlike Page

Reported stats may be delayed from what appears on posts



# FACEBOOK LIVE



Suyapa Mejia



Cooking with EFNEP hosted by Brigid Washington



All "Ready Set Go"  
Classes Will Be On  
Thursday's at 2:00 PM

Della Hicks  
(252) 338-3954  
[drhicks2@ncsu.edu](mailto:drhicks2@ncsu.edu)  
<https://pasquotank.ces.ncsu.edu/>  
<https://www.ncefne.org>  
<https://www.facebook.com/>

Della Hicks



# GOOGLE SITES

## LESSON 2

### Five Food Groups

Youth will be able to identify the five food groups and name examples of foods within each group.



### INTRODUCTION

This video introduces you to MyPlate and the five food groups.



### THE FIVE FOOD GROUPS

This video describes the five food groups and servings size recommendations. Refer to the 'Sizing Up Your Servings' handout as you watch this video. Also, don't forget to complete 'What Am I' Activity to check your knowledge of the five food groups.

Sizing Up Your Servings Handout

Activity



Rebekah Benton

IN LETS

## LESSON 1

### Getting to Know the Food Groups

In this lesson, we will learn about how including a variety of foods from each food group helps us build a healthy body by ensuring we get all the nutrients our bodies need to grow and be strong.



### INTRODUCTION:

This video introduces you to the series and to the Expanded Food and Nutrition Education Program.



### WHAT BUILDS YOUR BODY?

This video highlights the 6 nutrients needed for a healthy body and which foods are rich in each nutrient. Using the attached handout as a guide, plan a family meal based on MyPlate to complete this section. Talk with your parents about helping to make and plan meals this week.

MyPlate Handout



Lynnell Godfrey

## LESSON 3

### Grains

Youth will be able to identify foods in the grain group. They will learn why whole grains is important to a healthy diet. And, they will learn proper serving sizes of commonly eaten grain foods.



### INTRODUCTION

The video introduces you to the grain group and why it's important to a healthy diet.



### GRAINS

The video describes the importance of grains and the different types of grains we should eat. You will learn the proper serving sizes of commonly eaten grain foods.

Work Search Activity

### ZOOM LINK:

<https://ncsu.zoom.us/j/965434573>

### LET'S EXPERIMENT AND LETS

Tamika McLean

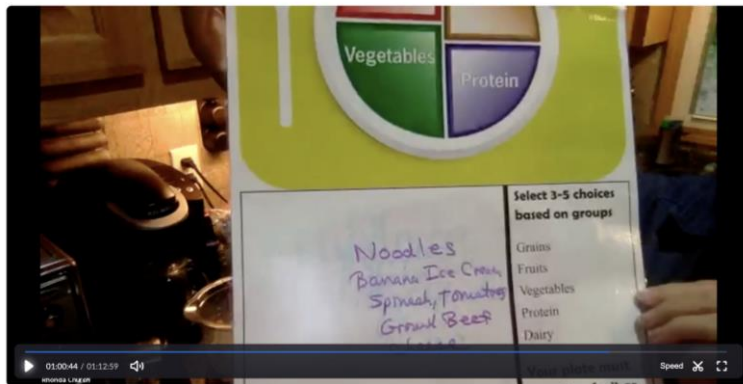


# ZOOM LIVE

zoom

Family Foundations Cooking Class - Shared screen with speaker view

Download (2 files)



zoom

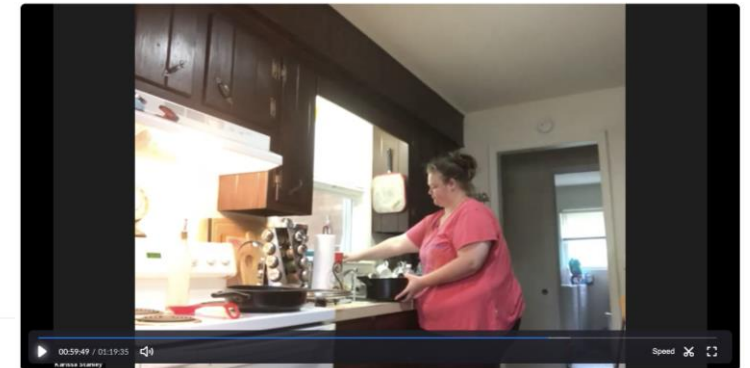
Family Foundations Cooking Class - Shared screen with speaker view



zoom

Family Foundations Cooking Class - Shared screen with speaker view

Download (2 files)



# INTERACTIVE PROGRAMMING



## EFNEP Virtual Grocery Store Tour

Welcome to the EFNEP Virtual Grocery Store! Join the tour with EFNEP Educator Meredith Kreeger to learn easy tips and tricks to make healthy and budget-friendly choices through the store. Use the review questions to test your knowledge!

The tour typically takes around 15-20 minutes.

If you need to go back to a previous section or question, please use the navigation option at the bottom left of your screen (Next and Back) to go back to a previous section or advance to the next section. DO NOT use your browser's navigation arrows.

N.C. Cooperative Extension is an equal opportunity provider.



# 2020 EFNEP REMOTE OUTREACH

- 102,000 nutrition card decks with information on food safety during Covid and healthy recipes were distributed throughout NC at 264 emergency food distribution sites
- 1,863 participants completed lessons via live Zoom
- 740 participants completed lessons via Facebook Live
- 263 participants completed lessons via Google sites
- 268 participants completed lessons via Google Classroom
- 43 participants completed lessons through pre-recorded online lessons
- 65,140 individuals viewed nutrition information via EFNEP state and county social media pages



# 2020 EFNEP OUTREACH AND IMPACTS

NC STATE UNIVERSITY AND NC A&T STATE UNIVERSITY

- **12,784** participants enrolled in EFNEP
  - **2,053** adults
  - **10,731** youth
- **92%** percent of participants improved dietary intake
- **51%** percent of participants increased daily physical activity
- **90%** percent of participants improved food resource management practices with **45%** percent improving food security
- **91%** percent of participants improved food safety practices

