



Helping North Carolina Families Eat Smart and Move More: 2006 Program Successes for Avery County

Results of the 27 families participating in EFNEP:

- 100%** of EFNEP participants showed improvement in their nutrition practices.
- 100%** of EFNEP participants showed improvement in their resource management practices.
- 88%** showed improvement in their diet.
- 83%** of EFNEP participants showed improvement in their food safety practices.

Adult Program Success

Limited resource families need to acquire knowledge, skills and changed behavior for nutritionally sound diets. NC Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP), offered classes to individuals and groups on nutrition, food resource management, and food safety. 27 participants enrolled in programs for limited resource families. 88% of the 24 EFNEP graduates showed a positive dietary change at exit. 24% of graduates showed improvement in one or more food resource management practices (i.e. plans meals, compares prices, uses grocery lists, does not run out of food). 100% showed improvement in one or more nutrition practices (i.e. plans meals, makes healthy food choices, prepares foods without added salt, reads nutrition labels, has children eat breakfast). 83% of graduates showed improvement in one or more of the food safety practices (i.e. thawing and storing foods properly).



NC Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) has been working for over 38 years to improve the lives and nutrition of limited resource families served by the program. In addition, to improving the lives of the participants of the program, often the lives of the individuals working in the program are improved. Below is an example from a new Nutrition Program Assistant in Avery County:

“As a new EFNEP Nutrition Program Assistant, I have not delivered EFNEP long enough to realize programmatic impacts, however, I can share examples of how EFNEP has impacted my own family.

For years my family has struggled with weight issues. To help us address this concern, we have totally changed our beverage selections. We now drink diet soda, tea sweetened with sugar-free sweetener or water when milk is not available. We have also incorporated more fruit and vegetables into our meals. We actually eat salads now, something I didn't care for before being hired by EFNEP. I have actually discovered that I like them! I make them in large bowls ahead of time and grab some to eat with supper or to take for my lunch when I'm in a hurry. Speaking of lunch, I've started packing my lunch on workdays to avoid purchasing expensive, high-fat, high-calorie meals at restaurants. Additionally, to fight off the temptation of purchasing unhealthy snacks when away from home, my family now carries fruit and other healthy foods that are handy to grab when we get hungry during the day.

I'm very proud of the changes that my family has made in their eating behaviors, however, the changes that I am most excited about are the ones I have seen in the quality of time we spend together. To share two, my son and I now enjoy making our meals together. We had never cooked together before. Since we've started, he has found that he enjoys being with me in the kitchen. Chicken nuggets are one of his favorite EFNEP recipes. Now, instead of running out to the nearest fast food chain, we prepare chicken nuggets together at home.

Also, since we've started cooking together we're eating our meals at the table together, away from the TV. In fact, we are enjoying far more quality time together, time away from the T.V., than we ever did before EFNEP came into our lives.

Overall, EFNEP has made a huge difference in my family's eating behaviors and quality of life. I feel confident it will make equally significant changes in the lives of other Avery County families as well. “

