



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

### Results of the 76 families participating in EFNEP:

- 99%** of EFNEP participants showed improvement in their resource management practices.
- 98%** of EFNEP participants showed improvement in their nutrition practices.
- 89%** showed improvement in their diet.
- 86%** of EFNEP participants showed improvement in their food safety practices.

### Adult Program Success

Bladen County continues to struggle with high unemployment rates and low per capita income with 6.8% of the population unemployed. Twenty-one percent of Bladen County citizens live in poverty. Food insecurity is a big concern. The Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) in partnership with the Bladen County Family Support Center conducted a series of classes focusing on helping participants develop food resource management skills, nutrition practices that lead to improved health, and food safety skills. Skills taught included meal planning, comparison-shopping, label reading, portion sizes, food safety, and healthy inexpensive one-dish meals that save money. As a result, the participants shared they were using the information and skills they learned to make purchasing decisions which prevented them from running out of food and money before the end of the month.

