



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

Results of the **93** families participating in EFNEP:

- 96%** of EFNEP participants showed improvement in their nutrition practices.
- 96%** of EFNEP participants showed improvement in their resource management practices.
- 90%** showed improvement in their diet.
- 83%** of EFNEP participants showed improvement in their food safety practices.

Adult Program Success

According to the Center for Disease Control, using proper hand washing techniques is the single most effective way to prevent the spread of communicable disease. In an effort to emphasize this fact, hand washing techniques were included in a series of Expanded Food and Nutrition Education Program (EFNEP) lessons taught to eight Clay County homemakers and their children. Through a black light/Glo Germ demonstration, the families learned the value of using nailbrushes and friction for 20 seconds to eliminate germs when washing their hands. At the end of the EFNEP series, the families stated that they were washing their hands more frequently and thoroughly. Because of this improved behavior change, the spread of germs and disease will be reduced in the homes and schools of the families who participated in this EFNEP series.



Bacteria will multiply once every 20 minutes on food held at room temperature. People who eat food, particularly meat, which has been allowed to reach these temperatures through improper storage or thawing techniques are at risk of contacting food poisoning. Pregnant women, young children and the elderly are at particular risk. To help reduce the chances of becoming ill, the Expanded Food and Nutrition Education Program (EFNEP) in Clay County has taught WIC participants techniques for safely thawing and handling all food.

One pregnant mother recently shared that since participating in EFNEP three years ago she has conscientiously used safe food handling techniques when preparing meals for her family. Having learned that foodborne illness is particularly dangerous during pregnancy, she was especially confident that the improved measures she was taking would also lessen her risk of contacting a foodborne illness during her current pregnancy.

