



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

Results of the 397 families participating in EFNEP:

- 94%** of EFNEP participants showed improvement in their nutrition practices.
- 92%** showed improvement in their diet.
- 92%** of EFNEP participants showed improvement in their resource management practices.
- 78%** of EFNEP participants showed improvement in their food safety practices.

Adult Program Success

Limited resource families need a high level of food resource management skills to provide healthy meals for their families. A lack of these skills can lead to food insecurity for the family and poor health as a result. The Expanded Food Nutrition Education Program (EFNEP) in partnership with Columbus County Foster Parents taught a class on stretching food dollars to a foster parent group of 20. The class expressed they needed to learn ways to prepare healthy, but inexpensive meals. Using MyPyramid as a guide, participants were taught how to prepare one dish recipes including meat, vegetables and grains together. They were also taught how to plan meals, use coupons, and get the best buys when shopping. At the next class each participant shared how they used the money saving tips and meal combinations and were able to save an average of \$10-\$20 per week on groceries. They stated that because of what they had learned their families were now eating healthier.





Helping North Carolina Youth Eat Smart and Move More: 2006 Program Successes for Columbus County

Results of the 1846 youth participating in EFNEP:

- 87%** now eat a variety of foods.
- 92%** increased their knowledge of the essentials of human nutrition.
- 86%** increased their ability to select low-cost, nutritious foods.
- 91%** improved practices in food preparation and safety.

4-H EFNEP Success

Statistics show that 15.5% of the children in Columbus County are obese and more are at risk of becoming overweight. Part of the problem is the easy access to high fat snacks. These snacks are often readily available for purchase in school cafeterias. North Carolina Cooperative Extension's 4-H Expanded Food and Nutrition Education Program (EFNEP) partnered with Columbus County schools to educate youth about proper nutrition. As a result of this program, several teachers have requested the removal of high fat snacks from schools. The 4th through 8th grade students at Fair Bluff Elementary School are supporting their health teachers' request by not purchasing these snacks. The children are now bringing more nutritious snacks from home.

