



## 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.



