



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

### Results of the **359** families participating in EFNEP:

- 90%** showed improvement in their diet.
- 90%** of EFNEP participants showed improvement in their nutrition practices.
- 86%** of EFNEP participants showed improvement in their resource management practices.
- 70%** of EFNEP participants showed improvement in their food safety practices.

### Adult Program Success

Pregnant teens and their mothers are often in conflict. Teen mothers are also at high risk for inadequate nutrition for both themselves and their new baby. The Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) in partnership with the Lady's Choice Group offered a series of nutrition education classes to a group of pregnant teens and their moms. As a result of the program, the teens shared they were making healthy choices in food at home and at school. Moms and teens both stated they enjoyed learning to make new recipes and that this experience had improved their relationship by allowing them time to share through the food preparation activities in the classes.

