



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

Results of the **250** families participating in EFNEP:

- 96%** of EFNEP participants showed improvement in their nutrition practices.
- 94%** of EFNEP participants showed improvement in their resource management practices.
- 93%** showed improvement in their diet.
- 73%** of EFNEP participants showed improvement in their food safety practices.

Adult Program Success

The Halifax County WIC has seen a major problem with parents not feeding their children and themselves healthy food. Participants of WIC often state they do not know how to use some of the foods provided to them by WIC. Utilizing WIC foods not only ensures a more healthy diet, but also helps families extend their resources for purchasing food to feed their families. The Expanded Food and Nutrition Education Program (EFNEP) supports WIC by providing on-site nutrition classes that encourage good eating habits. Using MyPyramid as a guide, EFNEP teaches participants the importance of balancing healthy eating habits and physical activities. As a result of the program, EFNEP WIC participants are learning to choose whole grains and incorporate beans as a meat substitute in their diet. One participant didn't realize beans were a good source of protein. She said she has bags of beans purchased using her WIC voucher that she has not used because she didn't know how to cook them. Through participation in EFNEP, she learned new recipes using beans and she is now able to utilize the food resources provided to her from WIC to feed her family more healthy meals.





EFNEP

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM