



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

### Results of the **374** families participating in EFNEP:

- 94%** of EFNEP participants showed improvement in their nutrition practices.
- 90%** showed improvement in their diet.
- 90%** of EFNEP participants showed improvement in their resource management practices.
- 67%** of EFNEP participants showed improvement in their food safety practices.

### Adult Program Success

Military families, especially the spouses left behind with young children, have difficulty managing resources to feed their families nutritious meals throughout the month. NC Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) partners with WIC at Tarawa Terrace on the base of Camp LeJeune to meet the needs of these families. A young mother had run out of formula to feed her infant and with no money and no way to a grocery store, had given the infant whole milk. When the infant became sick, she sought help through the EFNEP Program Assistant working at Tawara Terrace. After assuring the baby received medical attention and helping the mother work with WIC to receive formula, the Nutrition Program Assistant invited the young mother to attend the EFNEP classes. During the classes, the mother learned when to introduce new foods to her infant and that her infant should stay on breastmilk or formula for the first year. This mother now feels more confident that she knows what foods should be offered to her baby and what cues the baby gives that they are ready for new foods. She also learned new food resource management skills that helped her feed her family throughout the month without running out of food.



Many families do not eat fresh fruits and vegetables because they feel they are cannot afford these foods as a part of their family meals. Fruits and vegetables are a good source of nutrients. Studies have proven that eating fruits and vegetables can reduce the risk of chronic disease including some forms of cancer. NC Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) in partnership with Onslow County WIC and the Onslow County Farmers' Market provided nutrition classes to WIC participants on how to buy fresh fruits and vegetables, proper storage, cooking methods, and recipes. WIC provided coupons to purchase fresh fruits and vegetables and participants were encouraged to use the coupons at the local Farmers' Market. Following the program, families participating in EFNEP used 85% of the coupons issued. This enabled the entire family to get the vitamins and fiber needed in their diet.



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