



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

Results of the **158** families participating in EFNEP:

- 98%** showed improvement in their diet.
- 97%** of EFNEP participants showed improvement in their nutrition practices.
- 95%** of EFNEP participants showed improvement in their resource management practices.
- 84%** of EFNEP participants showed improvement in their food safety practices.

Adult Program Success

Over the course of the last few years Robeson County has faced several outbreaks of diseases (including e-coli) that have involved the unsafe handling of foods. The Robeson County Center of the North Carolina Cooperative Extension Service offers a safe foods component as a part of the Expanded Foods and Nutrition Education Program (EFNEP). This component of the program offers participants and their families' information on safe food handling to avoid sickness. Over the last year more than 245 Robeson County residents have graduated from the program and more than 89% say they have improved their food handling skills to ensure foods prepared for their family are prepared safely.

