



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

Results of the **244** families participating in EFNEP:

- 100%** of EFNEP participants showed improvement in their nutrition practices.
- 98%** of EFNEP participants showed improvement in their resource management practices.
- 97%** showed improvement in their diet.
- 89%** of EFNEP participants showed improvement in their food safety practices.

Adult Program Success

NC Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) has been improving the lives and nutrition of limited resource families for more than 38 years. Getting enough fruits and vegetables on a limited budget is one of the challenges facing limited resource families. A participant who had graduated the program about 20 years ago, recently shared that she had found the information she learned in EFNEP to be very beneficial as she was raising her children. She stated she still uses the materials to make sure she is planning and purchasing enough fruits and vegetables for her family and she always uses the skills she learned to save money at the grocery store. She shared that because of EFNEP, she was able to feed her family healthy meals and save money on food that was needed for other things.



NC Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) in collaboration with Sampson County Social Services offered a series of nutrition classes to a mother of three. The mother was referred to the program because of nutrition and food safety concerns for the family. Prior to the program, the participant stated she often left foods sitting out which should be refrigerated and that she often found it difficult to manage meals on the limited amount of money she had. To address this need, the first lesson was food safety, and at every other lesson, a concept in food safety was stressed. Throughout the program, food safety practices improved. The participant also learned to plan meals, and make a grocery-shopping list. As a result of the program, the participant shares she now helps her children eat better by eating at the table and including fruits and vegetables in every meal. She credits her experience with EFNEP for helping her to prepare healthy meals safely for her children and for helping her to become better off financially as a result of the new food resource management skills she learned.

