



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

### Results of the **107** families participating in EFNEP:

- 100%** of EFNEP participants showed improvement in their nutrition practices.
- 97%** of EFNEP participants showed improvement in their resource management practices.
- 86%** of EFNEP participants showed improvement in their food safety practices.
- 51%** showed improvement in their diet.

### Adult Program Success

Each year 1 out of 4 people become ill from improperly prepared food. Based on this need, Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) in collaboration with the Laurinburg Housing Authority offered food safety training to 105 limited resource participants. A comparison of pre and post survey results revealed that 75% of the graduates of the program showed improved food safety practices by utilizing proper food thawing and storing techniques.





***EFNEP***

***EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM***