



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

Results of the **264** families participating in EFNEP:

- 97%** showed improvement in their diet.
- 93%** of EFNEP participants showed improvement in their nutrition practices.
- 93%** of EFNEP participants showed improvement in their resource management practices.
- 72%** of EFNEP participants showed improvement in their food safety practices.

Adult Program Success

Limited resource families often find it difficult to make food and food dollars last the entire month. NC Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) teaches participants food resource management skills that help them save money and keep them food secure. Several participants in a recent session shared they had been purchasing food day by day. During the program, the participants were able to learn meal planning skills, label reading, comparison-shopping, bulk purchasing, and shopping tips to help them plan meals in advance and save money. Following the program, several participants shared they were now planning meals in advance, purchasing meat in bulk when on sale, and saving money on food for their family.

