



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

Results of the **822** families participating in EFNEP:

- 93%** of EFNEP participants showed improvement in their nutrition practices.
- 91%** of EFNEP participants showed improvement in their resource management practices.
- 80%** of EFNEP participants showed improvement in their food safety practices.
- 43%** showed improvement in their diet.

Adult Program Success

Foodborne illnesses affect many families causing lost time at work or school and increased doctor bills. A food behavior survey given prior to participation in the Expanded Food and Nutrition Education Program (EFNEP) revealed that most Hispanic participants were thawing their meats at room temperature. Throughout a series of lessons, food safety, including safe methods for thawing meat, was discussed. After listening to the information one participant stated, "I'm so thankful for this program. If it wasn't for this class today I would not have known about what happens to our meats at room temperature" She stated she would definitely not be thawing meat at room temperature anymore and she would also share how to thaw foods safely with members of her family so they would be safe as well.





EFNEP

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM