



## 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**

## **Helping North Carolina Youth Eat Smart and Move More: 2006 Program Successes for Wake County**

### **Results of the 113 youth participating in EFNEP:**

- 39%** increased their ability to select low-cost, nutritious foods.
- 37%** now eat a variety of foods.
- 29%** increased their knowledge of the essentials of human nutrition.
- 22%** improved practices in food preparation and safety.

### **4-H EFNEP Success**

Youth need to acquire the knowledge and skills necessary for nutritionally sound diets that contribute to their personal development. 4-H Expanded Food and Nutrition Education Program (4-H EFNEP) Program Assistants use age appropriate curriculum that focuses on MyPyramid to teach basic nutrition concepts. 113 youth age 5-19 participated in the 4-H EFNEP classes. Six different groups were taught basic information using the Professor Popcorn curriculum. 33 meetings were conducted with 39 direct contact hours with youth. 30 youth are enrolled in on-going county 4-H activities. 21 volunteers were recruited and trained providing 125 hours of volunteer time at a value of \$ 2,255.00.

