



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

### Results of the 28 families participating in EFNEP:

- 100%** of EFNEP participants showed improvement in their resource management practices.
- 89%** of EFNEP participants showed improvement in their nutrition practices.
- 73%** of EFNEP participants showed improvement in their food safety practices.
- 59%** showed improvement in their diet.

### Adult Program Success

The Expanded Food and Nutrition Education Program (EFNEP) in Washington County partnered with a local church to reach their limited resource congregation with nutrition education. Members were amazed at how much fat were in many of the foods that they were consuming each day. Using the fat vials showing the amount of fat in various typical foods consumed each day; participants were able to visualize the amount of fat that their families were eating. All participants immediately began making some changes. Following the class the pastor called the Nutrition Program Assistant to let her know that EFNEP really made a difference with his congregation. They are still using the information and making lifestyle changes in what they eat and the fat vials really helped them all to visually see how much fat they were eating everyday.

