



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

Results of the 43 families participating in EFNEP:

- 100%** of EFNEP participants showed improvement in their nutrition practices.
- 100%** of EFNEP participants showed improvement in their resource management practices.
- 85%** of EFNEP participants showed improvement in their food safety practices.
- 80%** showed improvement in their diet.

Adult Program Success

Limited resource families need to acquire knowledge, skills and changed behavior for nutritionally sound diets. NC Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) offers classes to individuals and groups on food resource management, nutrition, and food safety. 43 participants enrolled in programs for limited resource families. 80% of the 20 EFNEP graduates showed a positive dietary change at exit. 100% of graduates showed improvement in one or more food resource management practices (i.e. plans meals, compares prices, uses grocery lists, does not run out of food). 100% showed improvement in one or more nutrition practices (i.e. plans meals, makes healthy food choices, prepares foods without added salt, reads nutrition labels, has children eat breakfast). 85% of graduates showed improvement in one or more of the food safety practices (i.e. thawing and storing foods properly).

