



Helping North Carolina Families Eat Smart and Move More: 2007 Program Successes for Caswell County

Results of the 26 families participating in EFNEP:

- 100%** showed improvement in their diet.
- 100%** of EFNEP participants showed improvement in their nutrition practices.
- 100%** of EFNEP participants showed improvement in their resource management practices.
- 100%** of EFNEP participants showed improvement in their food safety practices.
- 25%** increased their amount of physical activity.

Adult Program Success

Many children are consuming more fruit juice than is recommended. Dentists are suggesting that children eat fruit instead of an excess of fruit juice and limiting fruit juice to 4-6 ounces per day according to the Internet Journal of Pediatrics and Neonatology, 2006, Volume 6 Number 1, Article Anticipatory Guidance in Pediatric Oral Health.

Kim, a thirty-one-year-old mother of three children, ages 1, 3 and 5, said her children drink a lot of juice, thinking this was a healthy choice. She had been advised by the WIC Nutritionist to limit the fruit juice. She still thought that her children would prefer the juice.

While preparing the fruit salad for the EFNEP Introduction lesson with Kim, her children arrived from Kindergarten and Pre-school. Kim shared that she only drinks apple juice because fruits and other fruit juices make her sick. She was encouraged to start reducing the amount of apple juice she drinks, possibly adding a small amount of fruit juice to water, since she does not drink enough water. Also, she was encouraged to offer the children water instead of fruit juice or soft drinks.



The children were excited about the fruit salad being prepared and sat down to eat while their doubtful mother watched. The children ate the fruit salad consisting of pineapple chunks, bananas, fresh blueberries, strawberries and kiwi. Kim was amazed that they ate the fruit. The remaining fruit salad was left for them to enjoy.

When talking with Kim on the phone later, she said the children asked her to prepared more fruit. She was excited that she had found a large bag of frozen fruit at WalMart for about \$4. She said she had started giving the children the frozen fruit and had reduced the amount of juice.

The fruit is a great source of fiber in addition to being a good source of Vitamins A & C.

This simple change could lower the risk of diabetes and should promote healthier teeth and gums as well as reduce constipation. Ultimately, this change from fruit juice to fruit could lead to healthier children and adults.

