



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

### Results of the **42** families participating in EFNEP:

- 100%** showed improvement in their diet.
- 97%** of EFNEP participants showed improvement in their nutrition practices.
- 97%** of EFNEP participants showed improvement in their resource management practices.
- 80%** of EFNEP participants showed improvement in their food safety practices.
- 43%** increased their amount of physical activity.

### Adult Program Success

Today's Clay County mothers struggle to find the time needed to prepare and serve nutritious meals for their families. Understanding their challenge, EFNEP and NC Healthy Carolinians considered recent research that suggested time-dimensional meal plans could help the mothers prepare and serve more meals at home. These meal plans vary kitchen preparation to table times.

Packets containing low-cost menus, recipes with nutrition facts; quick, easy cooking methods; and safe food practices were distributed to local middle school families. Information on the importance of families eating together was also included.

One mother used the meal planner and grocery list provided in the packet to save money and the crock pot recipes to save time. She said the information helped her responsibly manage her time, so she could provide dinner when the family was ready to eat. The family's eating habits have improved and they are enjoying mealtimes together.

