



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

### Results of the **263** families participating in EFNEP:

- 98%** of EFNEP participants showed improvement in their nutrition practices.
- 96%** showed improvement in their diet.
- 91%** of EFNEP participants showed improvement in their resource management practices.
- 80%** of EFNEP participants showed improvement in their food safety practices.
- 28%** increased their amount of physical activity.

### Adult Program Success

Studies have shown that shopping with a grocery list can help you save time and money at the grocery store. A Nutrition Program Assistant with the Expanded Food Nutrition Education Program (EFNEP) in Columbus County in partnership with Ransom Headstart taught the lesson “Shop For Value, Check the Facts.” The class received information on how to read and understand food labels; and how to find the best buys. A participant in the class said that before receiving the information, she spent an average of \$150.00 per week on groceries for her family. After learning how to shop for value and using coupons, the participant stated that she now only spends \$75.00 per week.

