



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

### Results of the **105** families participating in EFNEP:

- 99%** showed improvement in their diet.
- 96%** of EFNEP participants showed improvement in their nutrition practices.
- 93%** of EFNEP participants showed improvement in their resource management practices.
- 79%** of EFNEP participants showed improvement in their food safety practices.
- 15%** increased their amount of physical activity.

### Adult Program Success

MyPyramid recommends low-fat or fat-free dairy products and grains, especially whole grains, as part of a healthy diet. Whole grains provide many nutrients that are vital for the health and maintenance of our bodies and offer several health benefits. Interfaith Hospitality and EFNEP are working together to help families make better food choices.

Recently, a mother of two stated that since participating in EFNEP, she is now buying only 2% milk and whole wheat or whole grain bread. She also said until attending our class, she had never realized the importance of these choices. This mom is on her way to improving her family's health.

