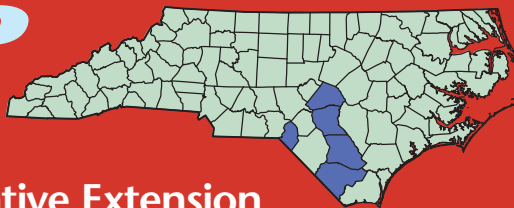




EFNEP



Serving Bladen, Columbus, Cumberland, Harnett and Scotland counties

2007 NC Cooperative Extension South Central District Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

The Expanded Food and Nutrition Education Program (EFNEP), serves limited-resource families with young children, school-age youth, and pregnant teens through a series of lessons offered by paraprofessionals and volunteers, many of whom are indigenous to the population. Using “hands-on” experiences, participants are taught to: make wise choices with their food dollars, improve eating habits, and practice food safety principles.

EFNEP is offered through North Carolina Cooperative Extension as a part of university outreach at NC State University and NC A&T State University. In 2007, North Carolina EFNEP served 43 counties.

EFNEP’s mission is to assist families and youth with limited resources in making simple changes in eating behaviors and daily physical activity so that, over time, healthy choices become healthy habits.

Supporting North Carolina’s Families with Greatest Needs Since 1969

EFNEP helps families and youth with limited resources—those most at risk to suffer from hunger, food insecurity and the inability to connect with available support systems. EFNEP offers practical nutrition information, food preparation, food resource management and food safety education in settings convenient for the participants. EFNEP graduates reflect significant, lasting improvement in eating behaviors and healthy food habits.

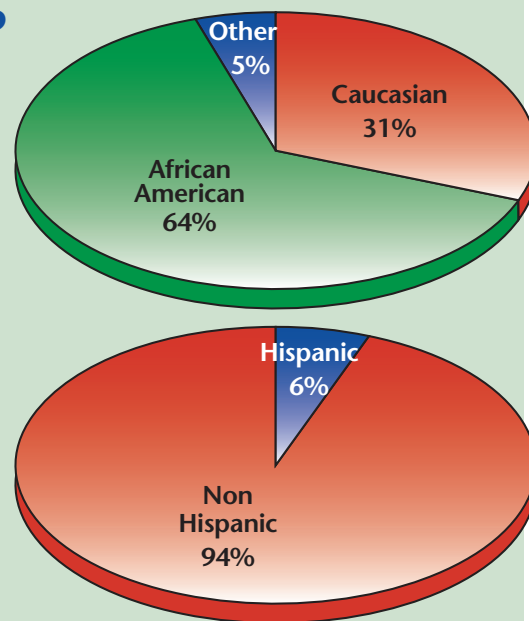
Volunteers Strengthen EFNEP

In 2007, 151 adults and youth donated 4,784 hours on behalf of EFNEP. At a rate of \$18.77 per hour this is equivalent to \$89,796. Volunteers make a difference in their own communities, and contribute to EFNEP’s ongoing success.

North Carolina EFNEP Reaches Diverse Audiences

In 2007,

- 523 families enrolled in EFNEP
- 977 participated in 4-H EFNEP
- 61% of EFNEP participants were also WIC participants
- 90% of EFNEP participants enrolled in one or more food assistance programs.



In 2007, the South Central District EFNEP programs obtained over \$28,000 in funding and support from local efforts.

EFNEP Makes a Real Difference for Limited Resource Adults

Participants completing the series of lessons improved nutrition, food behavior and food safety practices. As a result of participation in EFNEP:

- 80% improved in one or more food safety practices
- 79% used food labels more often to make food choices
- 94% improved in one or more food resource management practices
- 31% of participants increased the amount of physical activity
- 97% of participants improved their diet
 - 57% increased fruit consumption
 - 35% increased vegetable consumption
 - 48% increased consumption of calcium-rich foods

Recent research shows the positive effects of families eating together. In North Carolina, we track meals eaten together as an indicator of participant families' well being. In 2007 clients were asked "How often do you eat meals or snacks with one or more family members?" After EFNEP participation, 53% of families more often ate together. EFNEP makes a difference in families!

EFNEP Makes a Real Difference for Limited Resource Youth

Through a series of classes, 4-H EFNEP participants learn basic nutrition, the importance of daily physical activity, how to make healthy food choices, and food safety in preparation and storage. Evaluation data shows the following:

- 77% of the youth reported eating a variety of foods
- 72% increased their knowledge of human nutrition
- 76% increased their ability to select low-cost, nutritious foods
- 68% improved practices in food preparation and safety

Assisting families in learning and applying food resource management skills is a major focus of the Expanded Food and Nutrition Education Program (EFNEP). It has been shown that using a grocery list and techniques for saving money while shopping can help you save time and money at the grocery store. In partnership with Ransom Headstart, EFNEP in Columbus County offered a series of classes to a group of parents. Participants learned many food resource management techniques to help them choose the most nutritious foods at the best price. 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.

According to statistics from the North Carolina Eat Smart Move More Campaign, Scotland County spent \$225,000 in 2005 on Medicaid costs due to children being overweight or obese. Based on this need, the 4-H Expanded Food and Nutrition Education Program (EFNEP) in Scotland County collaborated with East Laurinburg Alternative School to offer lessons on the importance of healthy snacks and physical activity. Approximately, 60 youth received lessons on selecting healthier foods and the importance of daily physical activity. Post test results show 95% of youth improved their diets through healthier food choices and increased their daily physical activities.

