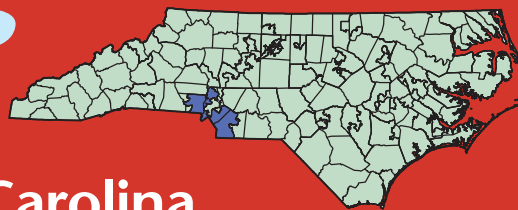




# EFNEP



Serving  
Gaston  
county

## 2007 North Carolina Congressional District 9 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.

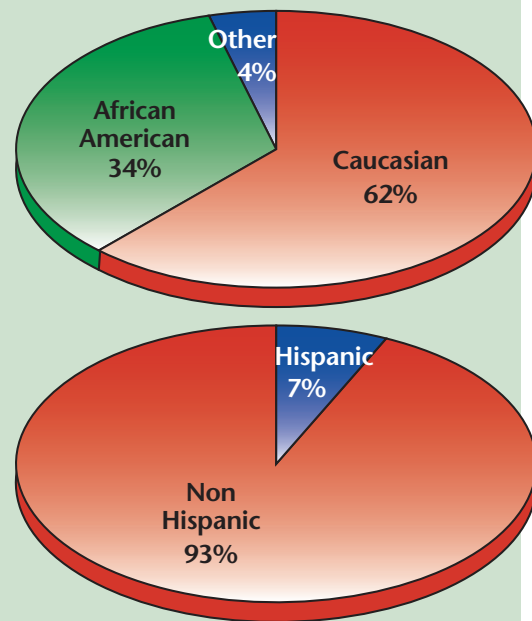
### *Volunteers Strengthen EFNEP*

In 2007, 67 adults and youth donated 787 hours on behalf of EFNEP. At a rate of \$18.77 per hour this is equivalent to \$14,772. Volunteers make a difference in their own communities, and contribute to EFNEP’s ongoing success.

### *North Carolina EFNEP Reaches Diverse Audiences*

In 2007,

- 157 families enrolled in EFNEP
- 278 participated in 4-H EFNEP
- 22% of EFNEP participants were also WIC participants
- 30% of EFNEP participants enrolled in one or more food assistance programs.



*In 2007, the Gaston County EFNEP program obtained over \$23,000 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:

- 51% improved in one or more food safety practices
- 53% used food labels more often to make food choices
- 92% improved in one or more food resource management practices
- 14% of participants increased the amount of physical activity
- 100% of participants improved their diet
  - 48% increased fruit consumption
  - 58% increased vegetable consumption
  - 56% 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, 56% 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:

- 95% of the youth reported eating a variety of foods
- 95% increased their knowledge of human nutrition
- 95% increased their ability to select low-cost, nutritious foods
- 95% improved practices in food preparation and safety

A high level of food resource management skills are needed in families with limited resources in order to provide healthy and cost effective meals for their families. When families lack these skills it can lead to food insecurity, as well as poor health. The Expanded Food and Nutrition Education Program (EFNEP) in Gaston County partnered with a local agency to offer a series of lessons to parents with addictive issues. Each lesson includes an opportunity for participants to participate in a "hands-on" food preparation activity featuring a healthy, low-cost recipe they can make for their families. Participants of this program shared they were making the recipes for their children and that they appreciated receiving healthy recipes that were also low cost and easy to prepare. As a result, these participants have been able to feed their families meals including a variety of foods on a limited budget.

