



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

Results of the **74** families participating in EFNEP:

- 100%** showed improvement in their diet.
- 96%** of EFNEP participants showed improvement in their nutrition practices.
- 94%** of EFNEP participants showed improvement in their resource management practices.
- 79%** of EFNEP participants showed improvement in their food safety practices.
- 77%** increased their amount of physical activity.

Adult Program Success

When Vickie K. first started with EFNEP, she and her family of four were eating practically every meal at fast food restaurants and convenience stores. She was running out of food dollars before the end of the month, afraid to try new foods and spending many hours watching television.

After attending EFNEP classes through the EvenStart program, a GED program offered through Edgecombe County Public Schools, Vickie K. has made major changes in her lifestyle. She said "It really has changed my way of eating, to eat the right way. Not just for me but for my children, that's the main reason I love your class so very much".



Vickie K. completely changed the way she prepares food. She fixes more healthy meals, reads food labels, uses portion control, eats together as a family, watches less television, moves more and is more comfortable trying new foods, such as yogurt.

EFNEP has definitely made a difference in the lives of this family.

