



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

Results of the **375** families participating in EFNEP:

- 99%** showed improvement in their diet.
- 99%** of EFNEP participants showed improvement in their nutrition practices.
- 99%** of EFNEP participants showed improvement in their resource management practices.
- 96%** of EFNEP participants showed improvement in their food safety practices.
- 54%** increased their amount of physical activity.

Adult Program Success

Limited-resource families need a high level of food resource management skills in order to provide healthy and cost effective meals for their households. Lacking these skills can lead to food insecurity for the family, as well as poor health.

North Carolina Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) partnered with a local agency in Forsyth County to teach the "EFNEP's Families Eating Smart and Moving More" curriculum. After teaching the different lessons on shopping, the nutrition program assistant did a review to determine each participant's level of understanding. Upon doing this review, the nutrition program assistant realized that her participants were preparing grocery budgets and saving money.



As all of the participants adhered to their monthly grocery budget, they started a contest to see who could save the most money by the end of the program.

