



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

Results of the **157** families participating in EFNEP:

- 100%** showed improvement in their diet.
- 96%** of EFNEP participants showed improvement in their nutrition practices.
- 92%** of EFNEP participants showed improvement in their resource management practices.
- 51%** of EFNEP participants showed improvement in their food safety practices.

Adult Program Success

A high level of food resource management skills are needed in families with limited resources in order to provide healthy and cost effective meals. When families lack these skills it can lead to food insecurity, as well as poor health. North Carolina Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) partnered with a local agency that works with clients who have addictive issues. The "Choosing to Move More Throughout the Day" lesson was taught with chicken nuggets being the accompanying recipe. The recipe was a great success with the participants. A few weeks later, the Program Assistant was told how frequently the recipe had been prepared and that the participants' children were eating the chicken nuggets too. In fact, the participants appreciated receiving healthy recipes that were also low cost and easy to prepare. They were using several EFNEP recipes in meal preparation for their children.

