



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

Results of the **20** families participating in EFNEP:

- 100%** of EFNEP participants showed improvement in their nutrition practices.
- 100%** of EFNEP participants showed improvement in their resource management practices.
- 100%** of EFNEP participants showed improvement in their food safety practices.
- 88%** showed improvement in their diet.
- 63%** increased their amount of physical activity.

Adult Program Success

Even though consumers say it is difficult to eat healthy, the Economic Research Service reports a continuous increase in the number of meals eaten away from home. In 2006, food purchased away from home averaged 41.8% of a family's total food expenditures with lunch being the meal eaten out most often.

While delivering a series of EFNEP lessons, Henderson County's Program Assistant taught a single mother of two about the monetary and nutritional consequences of eating out. Impressed by the concept of 'Fix It Fast, Eat At Home', the mother began using a grocery list, reading labels and comparing prices when shopping for ingredients to prepare easy and nutritious EFNEP recipes at home. She also started taking her lunch to work three times a week.

As a result of her efforts, the limited income mother was providing healthier meals for her children and saving \$72.00 in lunch costs alone each month.

