



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

Results of the 16 families participating in EFNEP:

- 100%** showed improvement in their diet.
- 100%** of EFNEP participants showed improvement in their nutrition practices.
- 86%** of EFNEP participants showed improvement in their resource management practices.
- 71%** of EFNEP participants showed improvement in their food safety practices.
- 43%** increased their amount of physical activity.

Adult Program Success

Our nation has astronomical health care costs and statistics show that proper food handling decreases instances of food born illness. EFNEP lessons can have far reaching impacts beyond just the participants in our classes in helping to reduce instances of food born illnesses.

Mahaly is a young, bilingual mom who attended EFNEP through the Johnston County Head Start program. She made a positive impact on another family by sharing her new knowledge with her sister-in-law. The information she shared was from the “Keeping Food Safe” lesson. Some of the points covered are proper thawing of food, hand washing techniques (20 seconds) the use of sanitizer and cross-contamination.



While visiting her sister-in-law, she noticed meat thawing on the counter. After explaining what she learned at the EFNEP class, Mahaly said her sister-in-law admitted that she had no idea that thawing food at room temperature can cause rapid growth of bacteria. The sister-in-law accepted the advice and now thaws food in the refrigerator, under running cold water or in the microwave. When asked what the main reason for this change was, she answered, “to help keep health costs down by improving her food handling skills”.

