



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

### Results of the **21** families participating in EFNEP:

- 95%** of EFNEP participants showed improvement in their nutrition practices.
- 91%** showed improvement in their diet.
- 90%** of EFNEP participants showed improvement in their resource management practices.
- 85%** of EFNEP participants showed improvement in their food safety practices.
- 62%** increased their amount of physical activity.

### Adult Program Success

In Jones County, Grandparents Raising Grandchildren is the focus group for the Expanded Food and Nutrition Education Program (EFNEP) classes taught by Teresa Morris, EFNEP Program Assistant. One participant, who attended the class on Food Safety, has shared information with her family, friends and church members. At a recent class, she shared her new title “Food Safety Patrol”. At a recent church dinner, she applied what she had learned as they came into the church—taking it upon herself to store food properly until dinner was served earning the title “Food Safety Patrol”. Fellow church members now tease her about giving out citations and tickets to fellow members that do not practice food safety.

This is a good example of how EFNEP participants share their personal education within the communities, thereby multiplying the educational impact of the program.

