



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

Results of the 97 families participating in EFNEP:

- 100%** showed improvement in their diet.
- 100%** of EFNEP participants showed improvement in their nutrition practices.
- 95%** of EFNEP participants showed improvement in their resource management practices.
- 84%** of EFNEP participants showed improvement in their food safety practices.
- 53%** increased their amount of physical activity.

Adult Program Success

During the summer months, Teresa Morris of Lenoir County taught a series of Expanded Food and Nutrition Education Program (EFNEP) classes to a group of youth. Unknowingly, she also taught adults through the children in her classes.

Each week one of Mrs. Morris's participants went home and shared what she had learned with her mother. She taught her mother what the family should be eating at home. The participant even accompanied her mother to the grocery store to help choose more nutritious foods based on knowledge gained in class about the food groups.

The child's mother came to one of the classes and told Mrs. Morris how much her daughter had learned and what her daughter taught her about healthier eating habits. She then thanked Mrs. Morris for teaching the classes and asked if it would be possible to offer adult classes at her church. The mother felt the members would benefit from learning the food buying, food preparation and nutrition information taught through EFNEP.

