



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

### Results of the **108** families participating in EFNEP:

- 94%** 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.
- 77%** of EFNEP participants showed improvement in their food safety practices.
- 32%** increased their amount of physical activity.

### Adult Program Success

Many limited-resource families lack knowledge and skills for food safety. Research has identified that poor food safety practices can lead to food borne illnesses. The Expanded Food and Nutrition Education Program (EFNEP) through NC Cooperative Extension in Northampton County partnered with the Chanoke Area Development Association to conduct the “Fix It Safe” lesson for HeadStart families with young children.

Participants practiced proper techniques for washing hands, counter tops, cutting boards, and dishes. The EFNEP nutrition program assistant taught participants to prevent cross contamination by separating meats from other foods and to use separate cutting boards for meats and vegetables. Participants learned to cook meat thoroughly, reheat leftovers to steaming hot, and chill foods quickly. They also practiced using a refrigerator thermometer.

As a result, EFNEP participants in the class report that they use the practices that they learned in the “Fix It Safe” lesson and they have noticed that their children are sick less often. The EFNEP program is helping families be healthier in their food preparation.

