



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

Results of the **262** families participating in EFNEP:

- 100%** showed improvement in their diet.
- 100%** of EFNEP participants showed improvement in their nutrition practices.
- 99%** of EFNEP participants showed improvement in their resource management practices.
- 92%** of EFNEP participants showed improvement in their food safety practices.
- 45%** increased their amount of physical activity.

Adult Program Success

Childhood health problems among limited-resource families are often linked to poor eating habits. Child Protective Services in Sampson County referred a young family to Ruth Denton, an Expanded Food and Nutrition Education Program (EFNEP) Assistant within the county.

The mother, whose child was extremely underweight, enrolled in EFNEP. The enrollment form indicated to Mrs. Denton that the family ate potato chips, cookies, and consumed soft drinks on a regular basis for snacks. The mother said these were the only foods her daughter would eat.

The first lesson shared the importance of healthy snacks and involved food preparation in a "hands-on" setting. This encouraged both the mother and daughter to do part of the food preparation.

The daughter seemed reluctant to try the healthy foods, but after she tried the broccoli with cheese, she was very accepting. Additional recipes were tried and after four weeks, the child had gained four pounds. She began to learn to eat more fruits and vegetables and her mother began to prepare healthier foods.

The mother told Mrs. Denton that she was so glad she had enrolled in EFNEP classes. Not only, had she learned a lot about how to buy and cook more fruits and vegetables, she had also learned to save money at the grocery store.

