



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

Results of the 298 families participating in EFNEP:

- 98%** showed improvement in their diet.
- 92%** of EFNEP participants showed improvement in their resource management practices.
- 90%** of EFNEP participants showed improvement in their nutrition practices.
- 66%** of EFNEP participants showed improvement in their food safety practices.
- 29%** increased their amount of physical activity.

Adult Program Success

The lack of nutritious snacks and lunches contribute to families not consuming enough fruits and vegetables during the day. It is important to plan snacks and lunch in advance, and then take them along. One participant in a local agency that partnered with North Carolina's Cooperative Extension Expanded Food and Nutrition Education Program, admitted to eating a lot of unhealthy foods during the day while on the run. She never took snacks with her and when she got hungry, would stop and buy a honey bun.

After reviewing the lesson, "Making Smart Lunch Choices" she realized how easy it would be to take a nutritious snack/lunch with her. She now brings a small cooler packed with apples, baby carrots, rice cakes, and water with her. She says this is saving her money and calories. She also feels happy to know that she and her children are eating more fruits and vegetables too.

