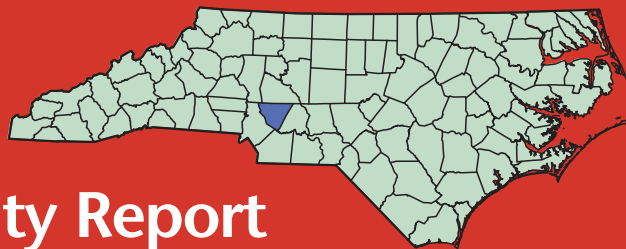




4-H EFNEP



Cabarras County Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Helping North Carolina Youth Eat Smart and Move More: 2008 Program Successes for Cabarras County

Results of the 947 youth participating in EFNEP

- 61% of 947 youth now eat a variety of foods.
- 71% of 947 youth increased their knowledge of the essentials of human nutrition.
- 81% of 947 youth increased their ability to select low-cost, nutritious foods.
- 34% of 947 youth improved practices in food preparation and safety.

The Expanded Food and Nutrition Education Program (EFNEP), serves limited-resource families with young children, school-age youth, and pregnant teens through a series of lessons offered by paraprofessionals and volunteers, many of whom are indigenous to the population. Using "hands-on" experiences, participants are taught to: make wise choices with their food dollars, improve eating habits, and practice food safety principles.

EFNEP is offered through North Carolina Cooperative Extension as a part of university outreach at NC State University and NC A&T State University. In 2008, North Carolina EFNEP served 45 counties.

EFNEP's mission is to assist families and youth with limited resources in making simple changes in eating behaviors and daily physical activity so that, over time, healthy choices become healthy habits.

4-H EFNEP Success

The 4-H Expanded Food and Nutrition Education Program (EFNEP) in Cabarras County through the Professor Popcorn curriculum teaches children how to use MyPyramid as a guide to healthy eating and physical activity. During one group discussion, a student asked why adults worry about how much food they eat during the holidays. This led to a discussion of using MyPyramid to choose a variety of foods, choosing the majority of foods from the pyramid's base while limiting foods at the top, controlling portion sizes and being physically active everyday. The discussion concluded with students learning that when you choose healthy foods, control portion sizes and are physically active every day, you will be healthier. At the next class, the student who had begun the discussion told me he had shared what he learned with his family. He stated that he and his father are now walking every night after dinner and are trying to eat more healthy foods using MyPyramid as a guide.



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