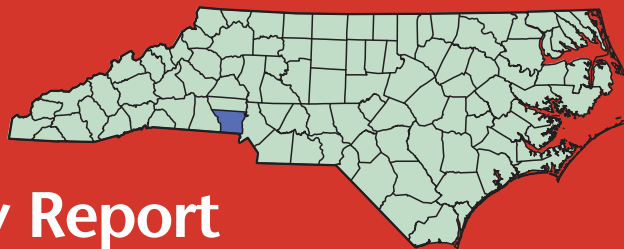




4-H EFNEP



Gaston County Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

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

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.

Results of the 607 youth participating in EFNEP

- 95% of 607 youth now eat a variety of foods.
- 100% of 607 youth increased their knowledge of the essentials of human nutrition.
- 99% of 607 youth increased their ability to select low-cost, nutritious foods.
- 91% of 607 youth improved practices in food preparation and safety.

4-H EFNEP Success

Children and teens consume too many soft drinks and not enough milk. This is contributing to weight gain, obesity and osteoporosis. The 4-H Expanded Food and Nutrition Education Program (4-H EFNEP) teaches children the importance of making smart drink choices. One group of children shared they did not drink much milk and would rather have soft drinks. The 4-H EFNEP Program Assistant presented a lesson on the importance of choosing low-fat milk and other products that contain calcium for good bone health. At the next class, several students shared that they are now drinking milk with their lunch and their meals at home. They also shared they were now eating yogurt parfaits and cheese, as a way to get more calcium into their diets. As a result of their participation in 4-H EFNEP, the children realized that calcium-rich foods are an important part of good nutrition and health.



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