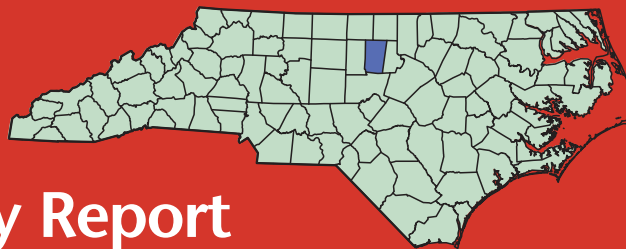




4-H EFNEP



Orange County Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

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

Results of the 1047 youth participating in EFNEP

- 84% of 1047 youth now eat a variety of foods.
- 91% of 1047 youth increased their knowledge of the essentials of human nutrition.
- 94% of 1047 youth increased their ability to select low-cost, nutritious foods.
- 64% of 1047 youth improved practices in food preparation and safety.

4-H EFNEP Success

A collaborative effort between the school nurse and the 4-H Expanded Food and Nutrition Education Program (4-H EFNEP) at a local charter school; helped students learn to take control of their choices to live a healthy lifestyle. Most of the youth were not consuming the daily-recommended amounts of fruits and vegetables. As a result, increasing fruit and vegetable consumption was the main focus of the series of classes. One of the foods prepared during a class was an egg omelet. Peppers, onions and other vegetables were added and the omelet was topped with salsa. Youth discussed that omelets could be eaten any time of day and that they could vary the recipe by using any combination of vegetables they liked to eat. At the next class, several youth said they prepared the recipe at home and had used other vegetables in it. They agreed that including more fruits and vegetables each day could be easy to do.



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.



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