



4-H EFNEP



Perquimans County Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Helping North Carolina Youth Eat Smart and Move More: 2008 Program Successes for Perquimans 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 340 youth participating in EFNEP

86% of 340 youth now eat a variety of foods.

86% of 340 youth increased their knowledge of the essentials of human nutrition.

69% of 340 youth increased their ability to select low-cost, nutritious foods.

55% of 340 youth improved practices in food preparation and safety.



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