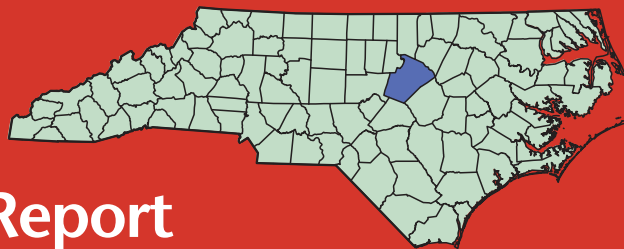




4-H EFNEP



Wake County Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

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

Results of the 955 youth participating in EFNEP

- 71% of 955 youth now eat a variety of foods.
- 78% of 955 youth increased their knowledge of the essentials of human nutrition.
- 86% of 955 youth increased their ability to select low-cost, nutritious foods.
- 43% of 955 youth improved practices in food preparation and safety.

4-H EFNEP Success

The 4-H Expanded Food and Nutrition Education Program (4-H EFNEP) partnered with a local alternative school to offer a series of nutrition education classes to a group of teenage parents. As a result, many of the participants became very interested in not only staying healthy themselves, but also keeping their babies healthy. They stated that they were especially interested in increasing their consumption of fruits and vegetables after learning about all the vitamins and minerals they contained. Each student said they would make changes to include more fruits and vegetables in their diets. They also wanted to help educate other family members of the importance of consuming fruits and vegetables and other nutrition tips they had learned from the sessions.



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.



efnep@ncsu.edu
www.ncfnep.org