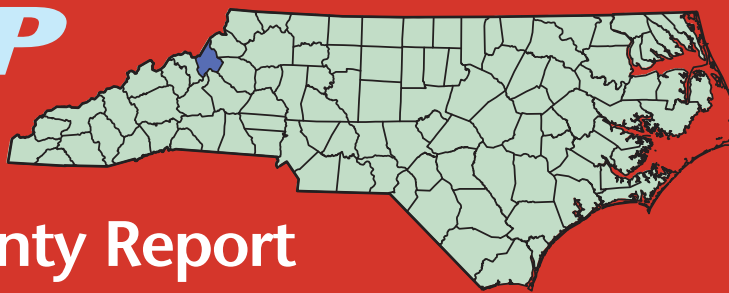




EFNEP



Avery County Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Helping North Carolina Families Eat Smart and Move More: 2008 Program Successes for Avery County

Results of the 44 families participating in EFNEP

- 95% showed improvement in their diet.
- 90% of EFNEP participants showed improvement in their resource management practices.
- 92% of EFNEP participants showed improvement in their nutrition practices.
- 65% of EFNEP participants showed improvement in their food safety practices.
- 23% increased their amount of physical activity.

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.

Adult Program Success

Only two percent of children today meet the USDA's recommendations for fruit and vegetable consumption. Following these recommendations can reduce the risk of overweight and obesity, conditions that are at epidemic proportion today. To emphasize the benefits of including fruits and vegetables in children's diets, the Expanded Food and Nutrition Education Program (EFNEP) in Avery County provided Head Start parents with hands-on food preparation experiences including fruits and vegetables. These guided practice sessions allowed the parents to understand how easily a variety of fruits and vegetables could be included in their family's meal plan. After the EFNEP series, one mother confessed that her children had never eaten many fruits and vegetables. Now, because she'd learned to prepare them in ways everyone liked, they ate them everyday—they had even taken the place of junk food in their home. As a result of the changes she had implemented, one of her daughters had lost five pounds.



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