



EFNEP



Brunswick County Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Helping North Carolina Families Eat Smart and Move More: 2008 Program Successes for Brunswick 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 166 families participating in EFNEP

- 97% showed improvement in their diet.
- 95% of EFNEP participants showed improvement in their resource management practices.
- 97% of EFNEP participants showed improvement in their nutrition practices.
- 79% of EFNEP participants showed improvement in their food safety practices.
- 41% increased their amount of physical activity.

Adult Program Success

Because EFNEP made such a big difference in her life, a graduated participant visited NC Cooperative Extension, Brunswick County Center to express her thanks. The participant, part of a court-ordered parent education program, enrolled in the Expanded Food & Nutrition Education Program (EFNEP) to improve her skills for feeding her children. During the visit, she shared how she continues to follow the guidelines she learned while attending EFNEP classes to prepare healthy meals and snacks on a limited budget. She also shared that her children were trying, choosing and eating healthier foods. In addition, she also shared personal successes including regaining custody of her children, getting a job, buying a car and a house. She attributes her successes to the confidence she gained while participating in EFNEP. She stated that not only did she become a better manager of her food dollars; she became a better manager of her overall budget. Participation in EFNEP was a real turning point in her life.



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