



EFNEP



Buncombe County Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

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

Results of the 111 families participating in EFNEP

- 100% showed improvement in their diet.
- 98% of EFNEP participants showed improvement in their resource management practices.
- 95% of EFNEP participants showed improvement in their nutrition practices.
- 90% of EFNEP participants showed improvement in their food safety practices.
- 42% 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

According to the Good Housekeeping Institute, learning to cook... "is easier when someone is shown, step-by-step, how to prepare a recipe". The Expanded Food and Nutrition Education Program (EFNEP) Program Assistant in Buncombe County teaches program participants exactly that...how to read and prepare healthy, low cost recipes, step-by-step! Participation in EFNEP has motivated many young mothers to cook balanced meals for their families. Recipes from *EFNEP's Families Eating Smart and Moving More* curriculum are simple enough for a beginning cook to use successfully during a lesson, and that success inspires the participants to try EFNEP recipes at home.

Recently, a series of EFNEP classes were taught to students in a community college human resource (HR) class.

Through EFNEP, the students learned basic nutrition, food resource management, and food safety techniques as part of their life-skills training. One of the students stated that because she did not know how to cook, she and her three-year-old child often ate at fast food restaurants. Through EFNEP, the participant learned how to read a recipe and use the recipes from EFNEP to plan healthy meals based on MyPyramid guidelines. By graduation, this single mother reported that she had become a better planner, shopper and cook. She and her child seldom ate at fast food restaurants anymore because she could prepare quick, easy meals at home. Like the thirty-six other young mothers who graduated from this community college HR class, she had used the information and skills gleaned from EFNEP to provide healthy meals for her family. And, it all started with learning how to read a recipe!



efnep@ncsu.edu
www.ncfnep.org