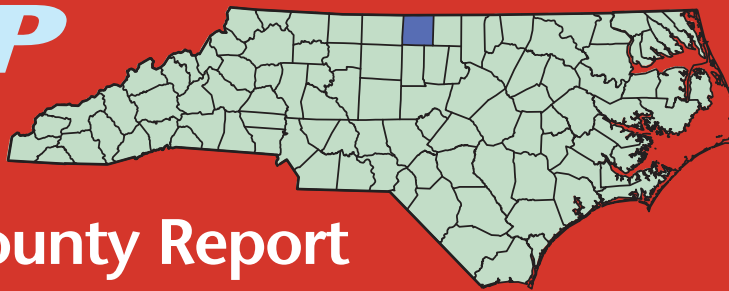




EFNEP



Caswell County Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Helping North Carolina Families Eat Smart and Move More: 2008 Program Successes for Caswell 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 24 families participating in EFNEP

- 100% showed improvement in their diet.
- 100% of EFNEP participants showed improvement in their resource management practices.
- 100% of EFNEP participants showed improvement in their nutrition practices.
- 90% of EFNEP participants showed improvement in their food safety practices.
- 50% increased their amount of physical activity.

Adult Program Success

In Caswell County, the Expanded Food and Nutrition Education Program (EFNEP) partners with a local Women, Infants and Children's (WIC) program to offer EFNEP education to pregnant women onsite at the WIC clinic. During one of the series of classes, a 20-year-old pregnant mother of a 21-month-old child, shared that she did not eat breakfast and that when choosing beverages to drink for meals and snacks, she often chose soft drinks. Following the fifth lesson, the participant shared she had made some changes. She is now eating breakfast as a part of her healthy eating plan and chooses reduced fat milk and water rather than soft drinks. She said she feels better since she started eating breakfast and drinking fewer sodas.



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