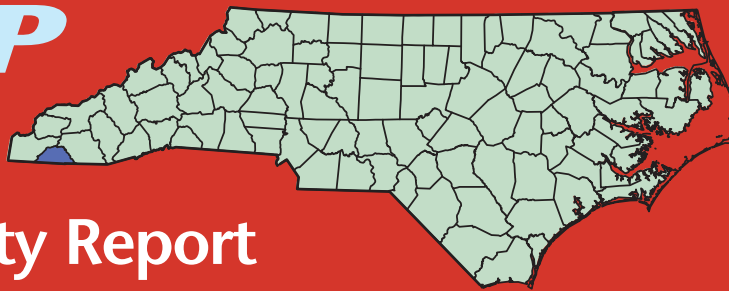




# EFNEP



## Clay County Report

### EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

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

#### Results of the 59 families participating in EFNEP

- 94% showed improvement in their diet.
- 98% of EFNEP participants showed improvement in their resource management practices.
- 100% of EFNEP participants showed improvement in their nutrition practices.
- 78% of EFNEP participants showed improvement in their food safety practices.
- 74% 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

Research shows that one benefit derived from eating at home as a family is that children learn self-sufficiency in planning and preparing nutritious meals. To encourage these skills in children, three Clay County health partners—the Expanded Food and Nutrition Education Program (EFNEP), the health department and Healthy Carolinians—developed and distributed a series of five menu plans to parents of 5th through 8th grade students attending Hayesville schools. EFNEP considered its role in this collaboration as a way to market the program as well as reinforce lessons taught to past and present EFNEP participants. One participating EFNEP mother raved about the menus. She told the EFNEP program assistant that the menus had helped her incorporate healthy eating into her family’s busy schedule and she considered them practical accompaniments to the cookbook she would receive when graduating from the program. She said the menus had helped to simplify her busy life by removing the frustration surrounding what to have for dinner. And, best of all, the menus were so simple that her children were able to help in the family’s daily meal planning and preparation. Because of the menus shared, her family was enjoying the benefits of eating together and her children were learning nutritional self-sufficiency.



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