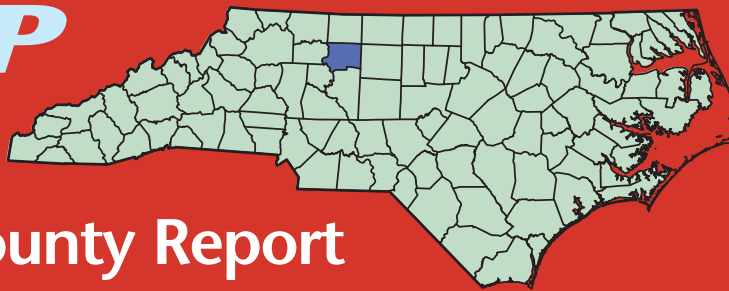




EFNEP



Forsyth County Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

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

Results of the 437 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.
- 93% of EFNEP participants showed improvement in their food safety practices.
- 72% 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

Limited resource families often find it difficult to include a variety of fruits and vegetables as a regular part of their diet. The Expanded Food and Nutrition Education Program (EFNEP) teaches families skills in planning and shopping that help them manage tight budgets and still provide nutritious meals, including fruits and vegetables everyday. A recent graduate of the program shared that his family had made many positive changes since his participation in the program. He stated that every day his family has at least three vegetables and two fruits and that he is able to prepare these foods for them. He stated that prior to EFNEP his family did not eat many fruits or vegetables. He is pleased that EFNEP taught him how to make small changes that have made a big difference in his ability to provide healthy choices for his family.



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