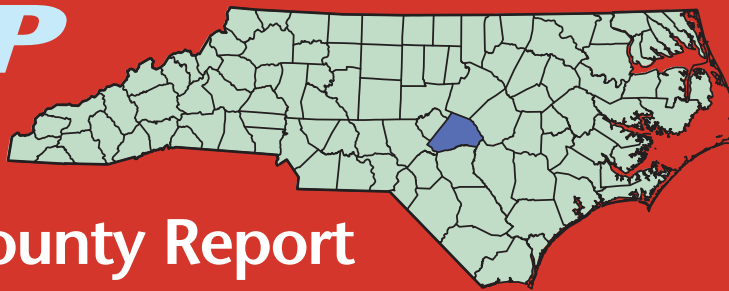




# EFNEP



## Harnett County Report

### EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

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

#### Results of the 120 families participating in EFNEP

- 99% showed improvement in their diet.
- 82% of EFNEP participants showed improvement in their resource management practices.
- 93% of EFNEP participants showed improvement in their nutrition practices.
- 73% of EFNEP participants showed improvement in their food safety practices.
- 60% 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

Harnett County, like many other counties in North Carolina has seen an increase in the Hispanic population. Many are new to the country and have little knowledge about basic nutrition. Cultural and language barriers make it difficult to adjust to simple things like shopping in grocery stores and reading nutrition labels. While these tasks may be difficult for anyone who speaks fluent English, they are more difficult for persons who are not accustomed to the American culture and who do not speak fluent English.

The Expanded Food and Nutrition Education Program (EFNEP) in Harnett County collaborated with Central Carolina Community College's English as a Second Language (ESL) group to provide a series of nutrition education classes to participants.

In particular, emphasis was placed on food safety and food resource management. The ESL Coordinator retrieved grocery discount cards (MVP) for every participant and conducted a grocery store tour with participants to reinforce session concepts.

After completing the series, the Nutrition Program Assistant reviewed different components of the lesson to determine each participant's level of understanding. Upon administering this review, the Nutrition Program Assistant realized that participants had made very positive changes in nutrition practices. They were preparing grocery lists and using techniques shared during the classes for saving money while shopping. Participants also shared that they prepared recipes for their families and practiced food safety.



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