



# EFNEP



## Henderson County Report

### EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

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

#### Results of the 88 families participating in EFNEP

- 97% showed improvement in their diet.
- 83% of EFNEP participants showed improvement in their resource management practices.
- 77% of EFNEP participants showed improvement in their nutrition practices.
- 62% of EFNEP participants showed improvement in their food safety practices.
- 39% 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

Americans living fast-paced lives have overlooked the advantages of meal planning. To remind participants of its benefits, the Expanded Food and Nutrition Education Program (EFNEP) emphasizes that meal planning saves money and time. It also ensures families with limited resources are eating the healthiest foods possible. Upon graduating from the program, one Henderson County participant admitted that prior to EFNEP she had not realized the benefits of planning her family's meals. But, by practicing what she had learned, she realized both the financial and nutritional benefits. Financially, she had saved money in two ways. First, by using a grocery list, she only purchased the food items she needed. Second, in these times of high fuel prices, planning meals had actually reduced gasoline expenses as she made fewer trips to the grocery store. Nutritionally, planning ensured that the family's meals followed MyPyramid recommendations. She was including more fruits, vegetables, dairy and whole grains in her family's meal plans. She was also reducing calories and portion sizes of the foods included in her plan. Through these efforts, she had realized that the benefits of family meal planning actually went beyond making financial and nutritional sense. Planning had directly related to a less stressful mealtime preparation and a sense of personal accomplishment for this participant.



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