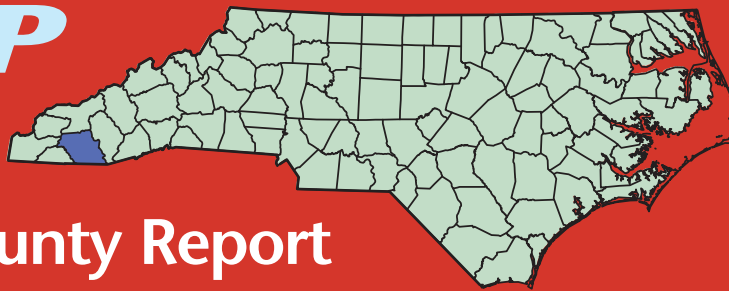




# EFNEP



## Macon County Report

### EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

#### Helping North Carolina Families Eat Smart and Move More: 2008 Program Successes for Macon 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 126 families participating in EFNEP

- 94% showed improvement in their diet.
- 92% of EFNEP participants showed improvement in their resource management practices.
- 98% of EFNEP participants showed improvement in their nutrition practices.
- 77% of EFNEP participants showed improvement in their food safety practices.
- 54% increased their amount of physical activity.

#### Adult Program Success

Reading food labels has helped a Macon County mother make better food and beverage choices for her family. Upon learning from EFNEP that the term ‘soft drink’ actually includes 450 different kinds of beverages, most containing an excessive amount of sugar and calories, this client now carefully examines labels of every beverage she considers purchasing. In doing so, she is buying more skim milk and 100% juice, and fewer soft drinks for her family. Her efforts have led to the discovery that purchasing fewer soft drinks has financial as well as nutritional advantages. She is stretching her food dollars and, as a result, is now able to buy additional fruits, vegetables and dairy products—more nutritious foods for her family. By incorporating EFNEP information into her meal planning and shopping practices, this mother not only improved the quality of the beverages her family consumes, but their overall nutritional intake as well.



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