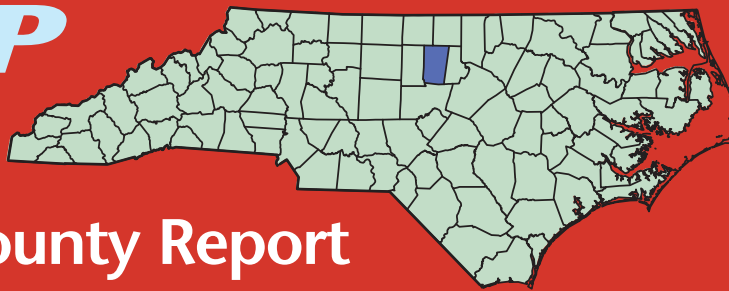




EFNEP



Orange County Report

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Helping North Carolina Families Eat Smart and Move More: 2008 Program Successes for Orange 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 116 families participating in EFNEP

- 98% showed improvement in their diet.
- 96% of EFNEP participants showed improvement in their resource management practices.
- 94% of EFNEP participants showed improvement in their nutrition practices.
- 79% of EFNEP participants showed improvement in their food safety practices.
- 73% increased their amount of physical activity.

Adult Program Success

The Expanded Food and Nutrition Education Program (EFNEP) partners with the WIC clinic in Carboro to provide nutrition education to young, pregnant women. Through a series of classes, a 17-year-old Hispanic mother of two, learned how making wise choices would impact her children's health. Following participation in the program, she began using 2% milk rather than whole milk. She now plans her menus each week, makes and takes a grocery list to the store and reads food labels in English to make the best choices. She learned many food safety tips while participating in EFNEP and states that she now follows the food safety recommendations for thawing meat in a refrigerator. She has begun making sure both of her children eat breakfast every day. This mother said that EFNEP helped delete her, by teaching about good nutrition and how to serve healthy and cost efficient meals to her family.



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