



# EFNEP



## Pasquotank County Report

### EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

### Helping North Carolina Families Eat Smart and Move More: 2008 Program Successes for Pasquotank 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 70 families participating in EFNEP

- 97% showed improvement in their diet.
- 83% of EFNEP participants showed improvement in their resource management practices.
- 87% of EFNEP participants showed improvement in their nutrition practices.
- 68% of EFNEP participants showed improvement in their food safety practices.
- 29% increased their amount of physical activity.

### Adult Program Success

Incorporating MyPyramid in planning daily meals is important for health, but it is especially important for children. Daycare centers are required to provide healthy meals/snacks for the children in their care to meet certification requirements. The Expanded Food and Nutrition Education Program (EFNEP) of NC Cooperative Extension, Pasquotank County Center collaborated with a local day care to train their workers. The workers were limited resource parents of young children, themselves. Using EFNEP's Families Eating Smart and Moving More lessons, the EFNEP Program Assistant stressed food safety, nutrition, food buying/planning/storage and the importance of physical activity. The center began using the low-fat/sodium recipes and incorporating food safety, food planning/purchasing from the lessons into their daily routine. They are also planning more time with the children for physical activity and providing more fruits and vegetables. They have shared with parents the importance of including more fruits and vegetables in their children's meals and provide information for parents. Since completing EFNEP, over 30% of workers and center parents are now including a fruit and vegetable with their meals. Through EFNEP, this daycare has been able to train its workers to incorporate key nutrition messages that are impacting the food and physical activity behaviors of the children in their care and with the parents. Because of EFNEP, these families are now making the choice for more fruits and vegetables and more physical activity, both in the day care setting and at home.



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