I am so thrilled to have this opportunity to introduce myself as the newest member of the Robeson County Cooperative Extension family. My name is Wendy Maynor. I am the new Adult Expanded Food and Nutrition Education Program (EFNEP) Assistant. I teach basic nutrition concepts to limited resource adults with children in Robeson County through North Carolina Cooperative Extension. Our message is “Eat Smart and Move More”. The adult EFNEP program aims to reduce obesity by teaching practical skills resulting in changed behaviors that families Eat Smart, Move More, and achieve healthy weight.

The Expanded Food and Nutrition Education Program helps adult participants learn skills and strategies to feed their family nutritious meals on a limited budget and improve their overall health. Skills developed in the program help families learn how to change behaviors that place them at risk for being overweight and the diseases associated with being overweight.

Prior to moving to North Carolina, I lived in Harford County, Maryland where I worked in the accounts payable department for a large conglomerate of hospitals and satellite offices. I know first hand about the increasing costs of health care and how a proper diet can actually save all of us money in the long run and extend our lives.

Subsequently, I have spent the majority of my career in the world of advertising and marketing. My goal was to solve business and marketing challenges. Now, I will use that experience to help market this incredible program that can change lives right here in our community.

It is very easy to market and believe in EFNEP’s “Families Eating Smart and Moving More” program, which uses both hands-on food preparation activities and incorporates physical activities into each lesson. Participants are challenged to make positive changes to achieve good nutrition and health, increase physical activity, control portion sizes, practice food resource management skills, practice food safety in preparation, and practice safe storage and handling of food.
My goals are fairly simple. Through these programs, I would like to improve the diet and health of the total family, increase knowledge of the essentials of human nutrition and physical activity and their relationship to overall health, increase the ability to select and buy food that satisfies nutritional needs of the family, increase ability to prepare and serve low-cost, nutritious foods that are safe to eat, and improve practices in food storage, safety and sanitation. While doing this we can also connect participants with additional resources that can help provide for their family's needs and encourage the personal development of participants.

To do all of this I will need your help. If you work with a limited resource audience or are part of one and would like to take advantage of this wonderful research-based program that changes lives, please contact me.

For more information about the Adult EFNEP program, please contact Wendy Maynor, Adult Expanded Food and Nutrition Education Program Assistant with North Carolina Cooperative Extension, Robeson County Center, at 671-3276, by E-mail at Wendy_Maynor@ncsu.edu or visit our website at http://robeson.ces.ncsu.edu.