

EFNEP SUCCESS STORIES

2013 NC Cooperative Extension Congressional District 8

Serving Cabarrus, Mecklenburg, Robeson, Scotland and Union counties



Family Reduces Sugary Beverages When Youth Shares EFNEP Lesson

The Center for Disease Control reports that drinking high calorie sugary beverages could add up to an extra 650 calories a day.¹

During a recent series of Expanded Food and Nutrition Education (EFNEP) lessons in Robeson County, the 4-H EFNEP program assistant taught students in a local elementary school about making smart drink choices. The youth learned how to read the Nutrition Facts Label to determine how many teaspoons of sugar are in popular sugary drinks. During the activity, the students calculated the number of teaspoons and many were very surprised by how much sugar was in their favorite drink.

Following the lesson, one participant shared that he showed his family how to calculate the amount of sugar in their favorite drinks. As a result of the activity, the family has since decreased the amount of soda they drink. A review of pre and post data of all Robeson County participants shows that 92% have reported improving the quality of their diet after completing EFNEP. These results demonstrate the effectiveness of the program in helping families and youth make positive changes to improve their health.

EFNEP helps address the challenges limited resource families face when introducing healthy changes through nutrition education, cooking classes, exercise strategies, and shopping on a limited budget.

1. http://www.cdc.gov/healthyweight/healthy_eating/drinks.html
2. <http://www.cdc.gov/nutrition/downloads/State-Indicator-Report-Fruits-Vegetables-2013.pdf>

EFNEP Connects Farmer To Students To Help Increase Fruit And Vegetable Consumption

Fruit and vegetable intake among children is inadequate. The Center for Disease Control and Prevention's State Indicator Report on Fruits and Vegetables suggests that less than 10% of North Carolina youth are consuming the required 2 servings of fruits and 3 servings of vegetables daily.² Because fruit and vegetable consumption lessens the risk of chronic disease caused by being overweight and/or obese, adequate consumption is essential for good health.

One teacher at a local elementary school noticed several of her students brought in high fat, high sugar snacks and were often hungry by mid-day. As a result, she requested that the 4-H Expanded Food and Nutrition Education Program (EFNEP) program assistant teach classes that focused on encouraging youth to try different foods and to give them strategies to encourage their parents to purchase healthier snack options. As part of the series of lessons, the youth prepared healthy snack recipes with local, fresh fruits and vegetables. Each week a local farmer donated the fresh produce, and the program assistant talked with the youth about how their families can support local farmers and eat healthy using local foods in recipes.

After trying new foods prepared during the classes, youth stated that they would make the recipes at home with their families and would ask their parents to buy healthier, fresh foods from local sources. EFNEP connected the children of this school with a local farmer resulting in 96% of the youth improving the quality of their diet to include an increase of fruits and vegetables.

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