

# EFNEP SUCCESS STORIES

## 2013 NC Cooperative Extension Greene County



### Pregnant Teen Learns to Shop Smart

The USDA defines food insecurity as limited or uncertain access to nutritious, safe foods necessary to lead a healthy lifestyle (USDA). NC is ranked 12 in the Nation in child food insecurity. On average, food insecure individuals reported needing an additional \$14.35 per person per week. According to the USDA's Economic Research Service, the number of households living with low or very low food security was 14.7% in 2009, the highest recorded rate since the first national survey was conducted in 1995. Overall households with children had almost double the rate of food insecurity versus childless households. Poverty is a key factor in food insecurity; inadequate resources can lead to disrupted eating patterns including skewed intake towards cheap, calorie-dense, nutrient-poor foods and reduced overall food intake. According to a report published by Feeding America Greene County has a food insecurity rate of 19.8% with 4,220 people living in food insecure homes. To address the issue of food insecurity the program assistant in Greene County partnered with the Eastern Pregnancy Information Center (EPIC) and focused her teaching on food resource management and to teach pregnant and parenting teens and young adults the benefits of eating smart and moving more. One young participant started to do the grocery shopping for her household. Her food budget was small and typically didn't last the entire month. She wanted to learn ways to better manage her food resources. The Program Assistant showed the participant how to using grocery store sale ads and a calculator, the participant learned to calculate unit pricing. She also learned to plan her meals in advance using an inventory and grocery lists. As a result of EFNEP, the participant has shared that she is more conscious of how she spends her money. She now uses grocery lists and compares prices. She shared that EFNEP has impacted her to make changes that will help stretch her food dollars.

### Teen Mother Learns How to Make Nutritious Meals

According to the Overweight and Obesity profile published by the Center of Disease in North Carolina 64.9% of adults were overweight, with a Body Mass Index of 25 or greater and 27.8% were obese, with a Body Mass Index of 30 or greater and 14.6% of adolescents were overweight and 13.4% were obese. 32.5% of youth reported drinking a can, bottle, or glass of soda or pop at least once a day. Obesity affects the health of millions of Americans, putting them at increased risk of heart disease, type 2 diabetes, stroke, and even some cancers. To encourage healthy weight management in Greene County, The EFNEP Program Assistant partnered with the Family Literacy program to teach pregnant and parenting teens and young adults about the health benefits of eating smart and moving more. A participant shared that she never thought of nutrition when she made her food choices. As a child, she depended on her mom to prepare the food. However, now that she has a child of her own, she wants to ensure they both eat more nutritious foods so they can live a healthy life. Through a series of lessons focusing on *MyPlate*, food label reading, and making smart drink choices, the participant learned easy strategies to improve her nutrition. She applied the concepts of *MyPlate* by incorporating fruits and/or vegetables at every meal. Now that she is making better food choices, she and her child are happier and feel healthier.

*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.*

Interactive map—<http://feedingamerica.org/hunger-in-america/hunger-studies/map-the-meal-gap.aspx>

Map the Meal Gap—<http://feedingamerica.org/hunger-in-america/hunger-studies/map-the-meal-gap/-/media/Files/a-map-2011/2011-mmg-exec-summary.ashx>

<http://www.cdc.gov/obesity/stateprograms/fundedstates/pdf/North-Carolina-State-Profile.pdf>

<http://www.cdc.gov/obesity/adult/causes/index.html>

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