

EFNEP SUCCESS STORIES

2014 NC Cooperative Extension Chowan and Perquimans Counties



Children Choose Milk as a Result of EFNEP

North Carolina ranks 5th worst in the United States for childhood obesity. To combat this major concern, the 4-H Expanded Food and Nutrition Education Program (EFNEP) partnered with White Oak Elementary School in Chowan County to teach nutrition education to 2nd grade students. The lessons in this curriculum encourage children to make healthy choices and become more aware of the importance of physical activity. One lesson in the series teaches youth about the benefits of eating from the dairy group and its importance in a healthy diet. After completion of the six-lesson series, 32% of program participants can now identify foods made from milk and have taken steps to increase their consumption.

Several students indicated that prior to the program they did not drink milk, but as a result of the program would drink smoothies made with fruit like those demonstrated in the lesson to increase their milk consumption. This change will help reduce the intake of sugar-sweetened beverages that often replace milk. In addition, choosing milk and other dairy products will result in the students making healthier choices including cutting back on fat and sugar intake that can lead to obesity.

Youth Learn Value of Proper Hand-Washing

According to the North Carolina Department of Health and Human Services, "Each year in the United States, food-borne disease causes an estimated 48 million illnesses, 128,000 hospitalizations, 3,000 deaths and over 1,000 outbreaks."

To educate youth on food safety, the NC Cooperative Extension 4-H Expanded Food and Nutrition Education Program (EFNEP) partnered with Perquimans County Middle School. This curriculum emphasizes proper food safety practices such as hand washing when handling foods during preparation and storage.

As a result of the six-lesson program, 79% of participants increased their knowledge of hand washing. After learning how to properly wash hands with soap instead of hand sanitizer, one participant indicated that she would teach her family how to do the same and insist that her mother purchase and wash with soap instead of hand sanitizer during food preparation. This student, along with others who participated in the program, now know that not properly washing hands may cause a food borne illness. These impacts will help reduce food borne illnesses and the resulting health and economic impacts in the county, state, and nation.

Grandparent Learns New Skills to Meet Nutrition Needs of Grandchildren

According to a study in the International Journal of Obesity, children cared for by their grandparents full-time had a 34 percent increased risk of becoming overweight.¹

The Expanded Food and Nutrition Education Program (EFNEP) Program Assistant in Perquimans County partnered with the Perquimans Mentor Parent Group to teach grandparents how to make healthier choices for themselves and their grandchildren.

This collaboration made a huge change in one participant's life. One participant stated that having custody of her grandchildren has been a challenge since one of the three children has a seafood allergy. After attending one of the EFNEP lessons, Shop for Value, Check the Facts, the participant shared that she had better insight into what to look for on a nutrition facts label and how to read the ingredients list. She said, "I used to just check for the calories not noticing that most products now have an area for food allergies on it."

In addition, the participant recently shared that EFNEP has helped her family in other ways. "By attending these sessions, I have learned how to save money, make out a bi-weekly/monthly meal plan and examine food packages (to see) that foods are safe for my family. I now allow my grandchildren to help me in the kitchen and they love helping me cook. I wish every county in the USA could offer (EFNEP) classes! These sessions have helped me so I know it could help someone else."

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.nature.com/ijo/journal/v34/n7/full/ijo201015a.html>

Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.



NC STATE UNIVERSITY

NORTH CAROLINA A&T
STATE UNIVERSITY



United States Department of Agriculture
National Institute of Food and Agriculture