

# What is EFNEP?



➔ The Expanded Food and Nutrition Education Program



Family & Consumer  
SCIENTES



NC State University  
A&T State University  
**COOPERATIVE  
EXTENSION**  
Empowering People • Providing Solutions

# What is EFNEP?

- Federally funded program which began in 1969
- Began as a program to address hunger in rural America
- Limited resource youth and families with children
- Delivered by trained paraprofessionals through Cooperative Extension





# EFNEP Priorities

# What is EFNEP?

- Targeted nutrition education with mandated goals:
  - Improve dietary intake especially fruits, vegetables, low-fat dairy, and whole grains
  - Improve food resource management skills
  - Improve food safety and preparation skills
  - Increase daily physical activity





# Families Eating Better

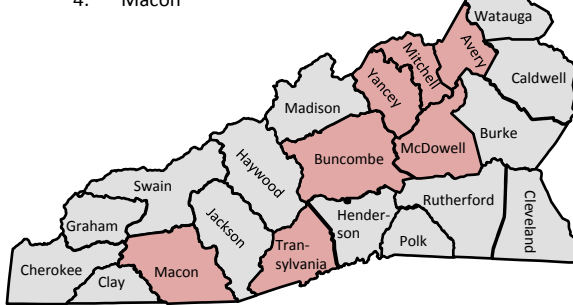
<http://www.ncfamilieseatingbetter.org/EFNEP/partners/index.html>



# 2015 EFNEP Units & Counties

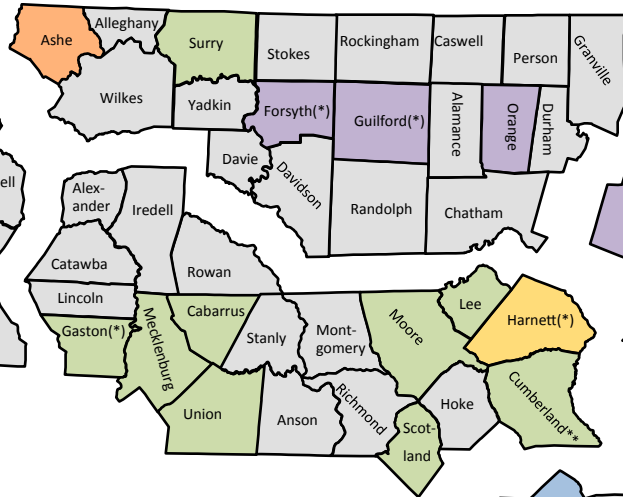
## Unit 1 - Virginia New

1. Ashe
2. Avery
3. Buncombe
4. Macon
5. Mitchell
6. Transylvania
7. Yancey



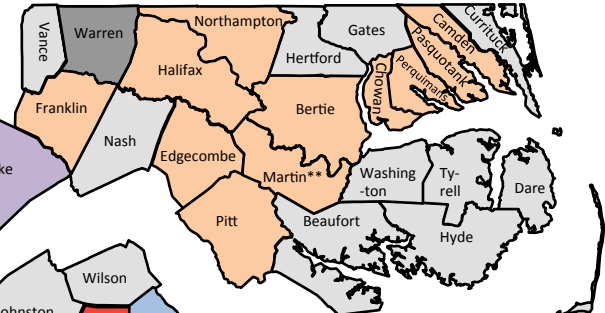
## Unit 3 – Lisa Benavente

1. Forsyth(\*)
2. Guilford(\*)
3. Orange
4. Wake



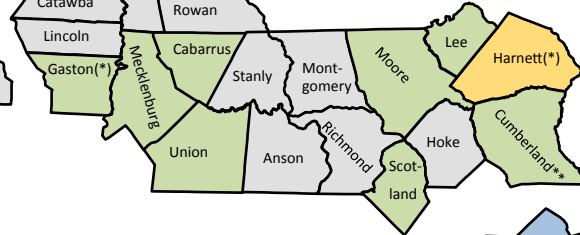
## Unit 4 – Susan Chase

1. Bertie
2. Camden
3. Chowan
4. Edgecombe
5. Franklin
6. Halifax
7. Martin\*\*
8. Northampton
9. Pasquotank
10. Perquimans
11. Pitt
12. Warren



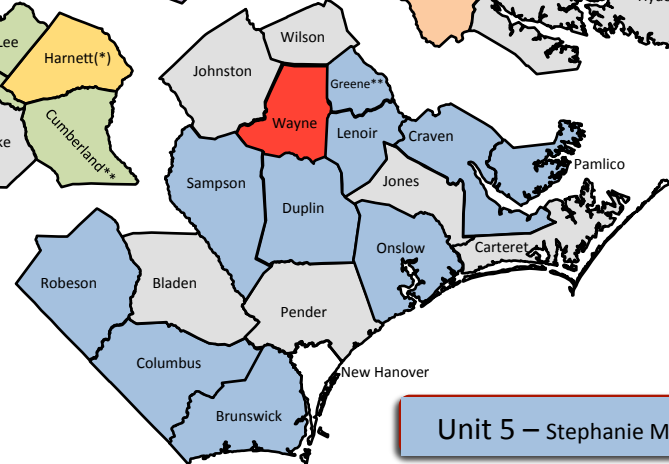
## Unit 2 – Judy D'Eredita

1. Cabarrus
2. Cumberland\*\*
3. Gaston(\*)
4. Harnett(\*)
5. Lee
6. Mecklenburg
7. Moore
8. Surry
9. Scotland
10. Union



## Unit 5 – Stephanie McDonald

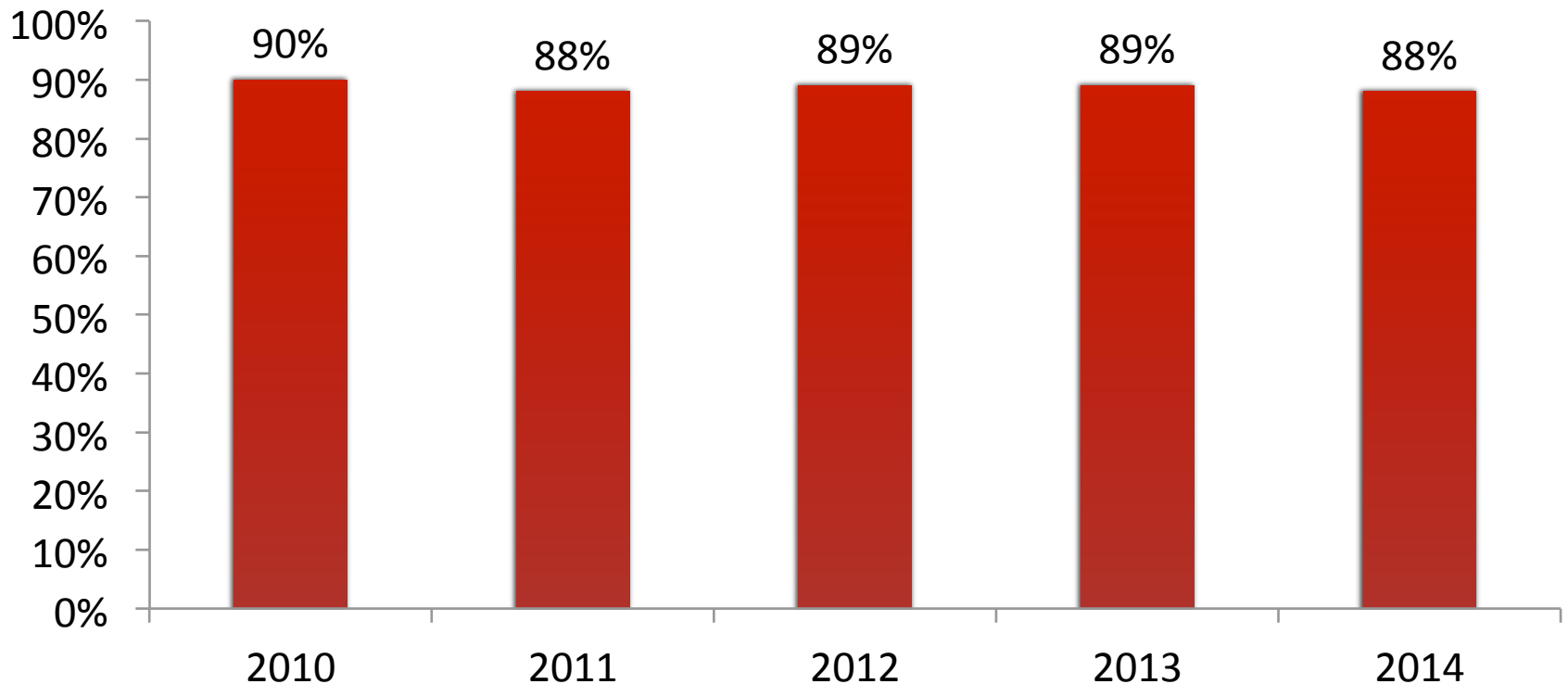
1. Brunswick
2. Columbus
3. Craven
4. Duplin
5. Greene\*\*
6. Lenoir
7. Onslow
8. Pamlico
9. Robeson
10. Sampson
11. Wayne



\*\* N.C. A&T  
 (\*) NC State and N.C. A&T

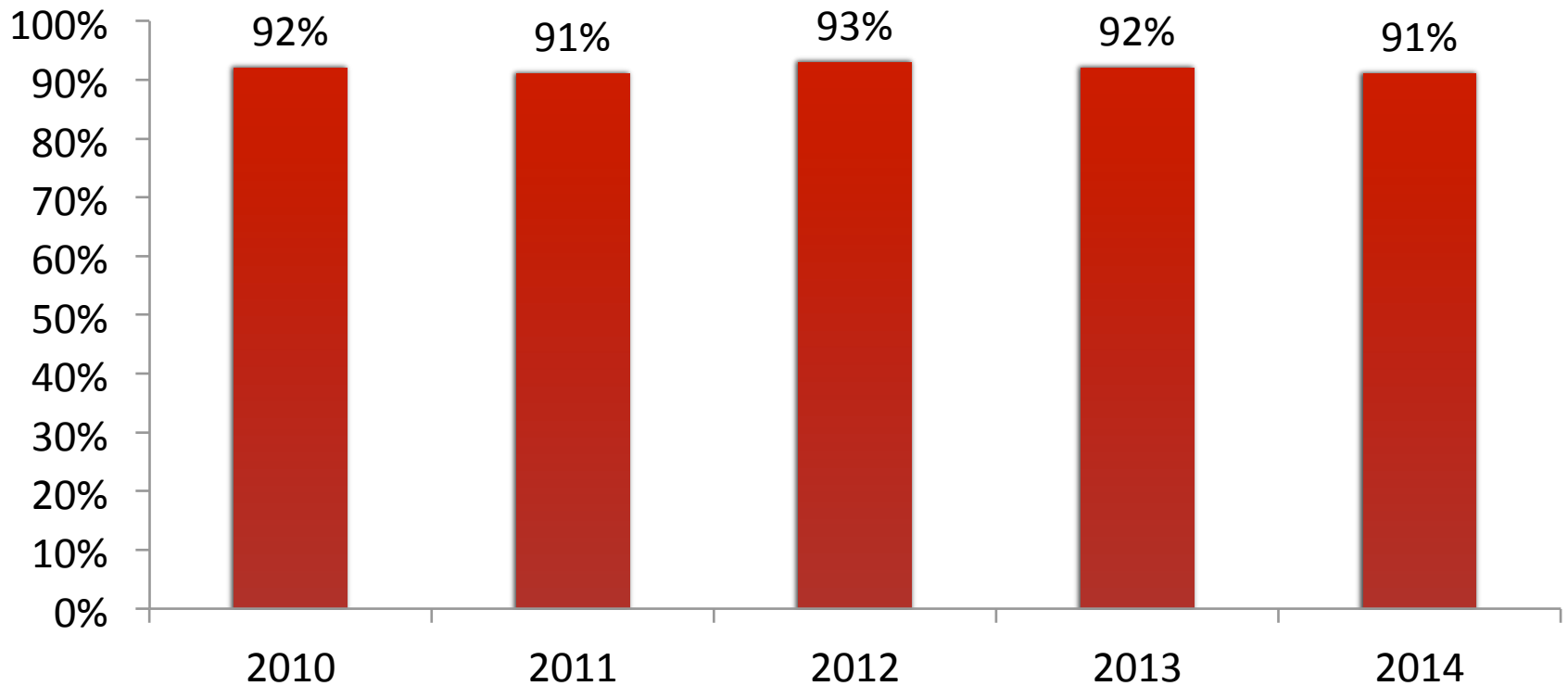
# Food Resource Management

Participants showed improvement in one or more food resource management practices



# Nutrition Practices

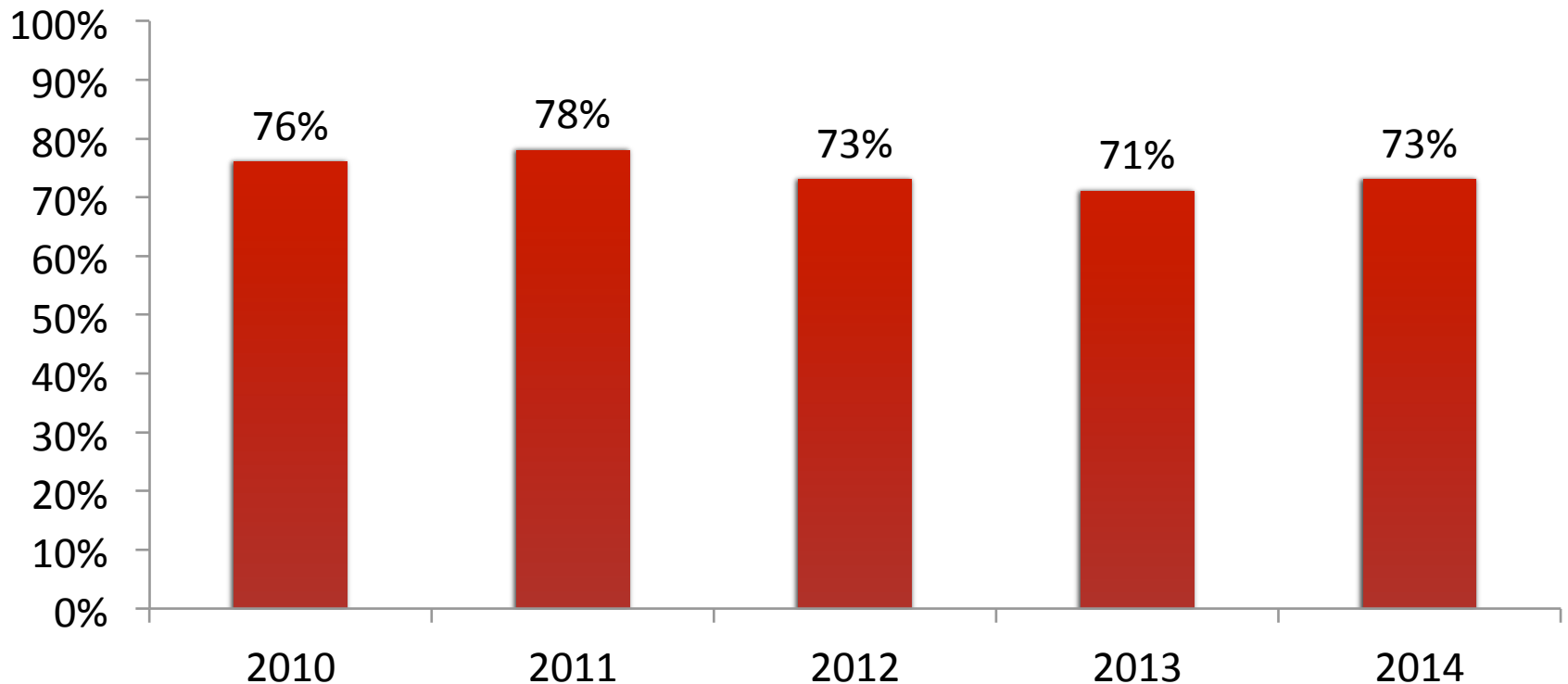
Participants showed improvement in one or more nutrition practices





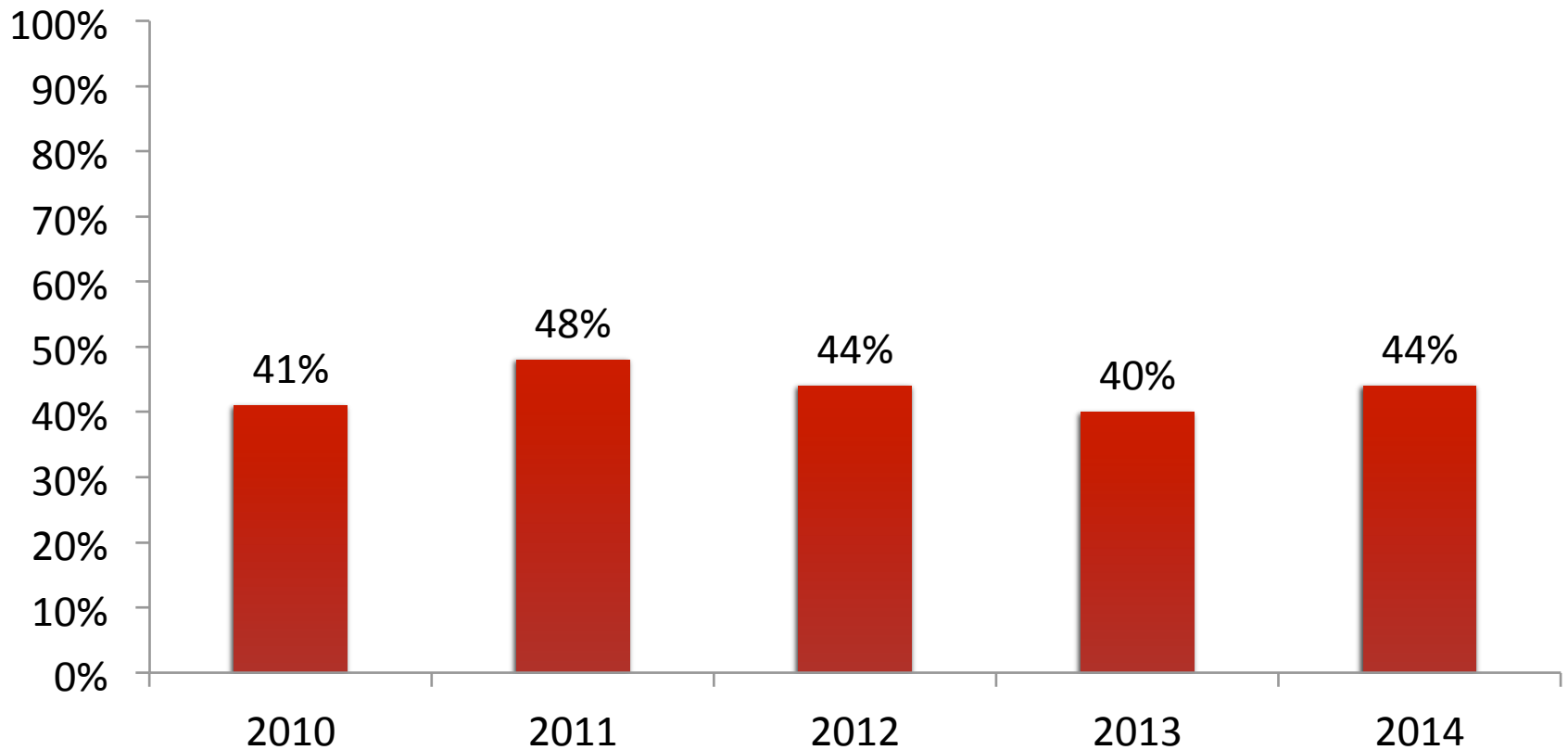
# Food Safety Practices

Participants showed improvement in one or more of the food safety practices



# Physical Activity

Participants showed positive change in physical activity



# Partnering with EFNEP

- Community-based; trusted in their communities
- Consistent high impacts through personal behavior change by program participants
- Set the stage for PSE change to occur
- Resources – Staff, Print Materials, Skillbuilders



# Partnering with EFNEP

- Food preparation dollars
- Lay Leader training
- Lead PSE component of FF
- Communicate regularly

# Partnering with EFNEP

➔ Share greater success together

