

Expanded Food and Nutrition Education Program

Lorelei A. Jones
EFNEP Coordinator
Department of Agricultural and Human Sciences
NC State University



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- Delivered by trained paraprofessionals working through Cooperative Extension



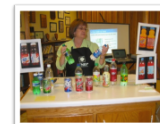
EFNEP Priorities

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- Improve food resource management skills and reduce food insecurity



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- Improve food resource management skills and reduce food insecurity
- Improve food safety and preparation skills
- Increase daily physical activity



How EFNEP can Address Stroke Prevention and Obesity

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- Utilize evidence-based strategies that result in behavior change



Success in NC

- Increased consumption:
 - Fruit: **55%**
 - Vegetable: **54%**
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- Food Resource Management Skills: **90%**



Success in NC

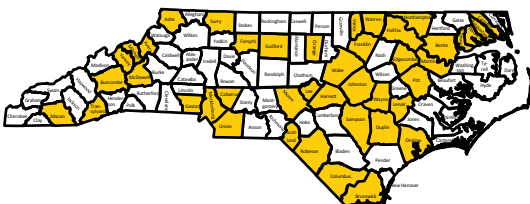
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- Physical Activity: **50%**
- Food Resource Management Skills: **90%**
- Food Safety: **76%**



EFNEP Success Story



Current EFNEP Outreach



Outreach with \$1 Million State Funding

