



Expanded Food and Nutrition Education Program

North Dakota State University

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NDSU Extension Service EFNEP provides nutrition education for limited resource families with young children at six sites in North Dakota:

- Cass County
- Fort Berthold
- Grand Forks County
- Rolette County
- Sioux County
- Spirit Lake Nation

EFNEP staff reached 5,406 people in 1,448 families in program year 2006. Ninety-seven percent of these families had children five and under. Program results:

- 71% showed improvement in food resource management practices.
- 79% showed improvement in nutrition practices.
- 53% showed improvement in food safety practices.

SUCCESSES

- Eighty-five percent of elementary students reported a continued increase in calcium and milk consumption two months after receiving a "think your drink" lesson. Seventy-five percent reported drinking less soda pop.
- A participant stated she is more aware of checking labels to be sure she is choosing whole grains now that she knows the benefits of whole grains and knows what to look for.
- A mom said that because of menu planning, her family hasn't had to use the food bank for the last three months.
- A participant reported, "It's amazing to me that just making a few changes in the way I shop can save money. The small changes I've made include looking at ads before I go to the store, checking unit pricing, and carrying a shopping list."