

# EFNEP SUCCESS STORIES

## 2012 NC Cooperative Extension Craven County

### Participants Form a Walking Group After Attending EFNEP

Exercise is an integral part of a healthy lifestyle, but many adults find it difficult to make time for physical activity. Craven County's Expanded Food and Nutrition Education Program (EFNEP) partnered with the James W. Smith Elementary School Family Literacy Program to offer EFNEP classes to the participating families. The EFNEP program educated the participants about the benefits of good nutrition practices, the importance of exercise, and food safety rules within the home. As a result of the program, the participants increased their knowledge about the importance of exercise and decided to incorporate exercise into their daily lives. The participants formed a walking group and now walk for approximately thirty minutes every day, a routine that improves their overall quality of life. The James W Smith Family Literacy Program values the EFNEP program and will continue the partnership by offering classes to their students.

### Families Include More Fiber at Breakfast

Adult EFNEP Program Assistant partnered with Craven County Family Literacy to conduct a program titled "Fiber-rich Foods for Breakfast" to 15 families. A survey found that participants consumed a high-calorie breakfast such as sausages and sugar-sweetened cold cereals on a regular basis. During the program, participants were able to sample hot cereals such as oatmeal, cream of wheat, and grits with healthy toppings. As a result, the participants gained knowledge on why it is important to add fiber to their diets. Ten participants reported that they are now serving healthy breakfast options to their families.

### Boy Changes His Breakfast Routine and Becomes More Attentive in Class

Breakfast is the most important meal of the day because it helps refuel the body after a night of fasting. Children and teens who eat a balanced and nutritious breakfast tend to do better in school and focus more than those who skip breakfast.<sup>1</sup> One 4-H EFNEP participant in Craven County always came to the program irritable and uncooperative. After learning about the importance of breakfast, he approached the program assistant to tell her that he often skipped breakfast so he wouldn't come to class late. They spoke about different strategies he can take to ensure he ate in the mornings. As a result, this individual started coming to the EFNEP classes feeling a lot better and more focused. He said he now eats a bowl of cereal and milk every morning. The strategies he learned from 4-H EFNEP taught him to break the fast so he can learn better in school.



*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. Murphy, J.M., Pagano, M.E., Nachmani, J., Sperling, P., Kane, S., & Kleinman, R.E. (1998) The relationship of school breakfast to psychosocial and academic functioning. Archives of Pediatrics & Adolescent Medicine, 152(9):899-907.

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