

EFNEP SUCCESS STORIES

2012 NC Cooperative Extension Franklin County



Participant Takes Time to Read Nutrition Facts

Given the pressures of day-to-day life and the fast pace of today's working families, many people believe they simply do not have time to eat healthy. Yet prolonged unhealthy eating and physical inactivity significantly contributes to chronic disease and obesity.

Because of this, the Expanded Food and Nutrition Program (EFNEP) works to help participants understand the importance of reading nutrition facts and eating more fruits and vegetables. One participant expressed that they are taking the time to read the food labels when shopping for groceries and as a result, they are making better choices and their family is eating healthier and feeling better.

EFNEP Uses Real Life Examples

Changing behavior can be very challenging for anyone because diet and lifestyle is greatly influenced by a person's culture, physical environment, and social networks; these challenges are often compounded for limited resource families because of constrained budgets. The Expanded Food and Nutrition Education Program (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. This program improves the lives of each one of these families through the positive changes they have made to reducing their risk of obesity related illnesses and supporting healthy lifestyles.

One reason why EFNEP participants are successful at changing lifestyle habits is because EFNEP uses real life

situations to reinforce the skills learned in class. This is

because people are more likely to adopt a new practice when they are able to translate class lessons to their own environment. Through collaborative efforts with the North Carolina Cooperative Extension Service, EFNEP participants have the opportunity to tour a grocery store as a part of a series of classes where participants learned how to feed their families healthier foods on a limited budget.

Participants used the tour to practice using the skills they learned in class, such as comparing nutrition labels and practicing unit pricing on many different healthy foods. All the participants practiced finding foods low in fat, sodium, and high in nutrition. Participants were challenged to shop for nutritious foods from each food group to take home and prepare for their families. Each participant purchased a whole grain product, vegetable, fruit, low fat dairy item and a lean protein using skills gained in EFNEP for under \$10. As a result of the tour, participants said they had become more confident in their ability to shop for healthier foods, and the experience connected the lessons learned in class to their real life shopping needs. Each participant expressed greater confidence in their ability to feed their families healthy foods on limited incomes.

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EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

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