

EFNEP SUCCESS STORIES

2012 NC Cooperative Extension Lenoir County

Mother Plans Weekly Healthy Meals

In Lenoir County, one participant shared her story about how the Expanded Food and Nutrition Education Program (EFNEP) has especially benefited her. Prior to enrolling, this participant was not concerned about preparing healthy meals, but instead only worried about saving money. For this reason, she only bought what was on sale and did not pay attention to if it was healthy or not. But after taking EFNEP classes, she has learned simple ways to plan healthy meals on a budget. She says, "Since I have been in this class, I plan a weekly menu for my family and it is actually easy. I thought it would be hard. I used to have to go to the grocery every day, but since planning weekly meals, I only go to the grocery store once a week and I have saved money on groceries. I read every food label on every product I buy so I can make healthy choices for my family." As a result of EFNEP, this individual has learned to plan meals in advanced, which has helped her to save money while shopping for healthy foods.

Program Assistant Helps Pre-Diabetic Participant

A participant currently in the Adult EFNEP program recently learned at a doctor's visit that she is pre-diabetic and has high blood pressure. From what she has been learning at EFNEP, she knows it is coming from the high amounts of sugar and sodium in her diet. Because of the dangers of being diabetes and high blood pressure, the EFNEP Program Assistant has been working with this participant so she knows what to look for on food labels and ingredient lists to help her reduce the sugar and sodium in her diet. The PA even met with her at the grocery on the weekend to help her shop for foods that are low in sugar and sodium. From these dietary changes and the support of the PA, the participant says she already feels better, does not have headaches, and that she has more energy. She is also walking 30 minutes, 5 days a week. She is confident that when she goes back to the doctor, her health will be improved by the changes she has made as a result of the Adult EFNEP program.

Students Ask for Healthy Foods at Birthday Celebration

The 4-H Youth EFNEP program is greatly needed for all of our youth in Lenoir County.

Many youth are not eating fruits and vegetables, and are drinking too many sugary beverages. Childhood obesity is rising because youth do not know or have not tried healthier foods and beverages.

After graduating from an EFNEP youth class at a local youth center, the Director of the center shared with EFNEP that the center has a Birthday celebration at the end of each month to celebrate all the youth's birthdays during that month. She said she ask the youth what they wanted at their birthday celebration to eat. To her surprise they wanted all the recipes they had tried during the EFNEP classes! The menu for their party is as follows: A Vegetable Tray and herb Dip, Whole Grain Muffins, Fresh Fruit with Yogurt Dip and Orange Smoothies. The Director commented on how much of an impact that the 4-H Youth EFNEP program had made on these youth. We are so proud of these youth for making healthy changes in their diet. These changes will make a difference in our youth for a healthier lifestyle.

Children Share What They Learn with Parents

In Lenoir County, 4-H EFNEP youth are taught how to make good choices using MyPlate with an emphasis on including more activities into their day. During the final lesson, the children demonstrated to their parents what they had learned. This included naming the five major food groups and why we need to make healthier choices from each group. They also explain why exercising is important to our bodies and overall health. The parents were surprised to see the knowledge their child had gained throughout these sessions. The parents told me after the class how happy they were that their child had a chance to participate in the 4-H Youth EFNEP Program and that they had learned some new things themselves to help the whole family to Eat Smart and Move More.



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efnep@ncsu.edu • www.ncefne.org