

EFNEP SUCCESS STORIES

2013 NC Cooperative Extension Congressional District 10

Serving Buncombe, Cleveland and Gaston counties

FAMILY HAS FOOD AT THE END OF THE MONTH FOR THE FIRST TIME IN YEARS

Upon her graduation from the Expanded Food and Nutrition Education Program (EFNEP), a young Buncombe County mother exclaimed, "For the first time in years, I still have food at the end of the month!" She continued to share her success with the EFNEP program assistant. After learning about USDA's MyPlate recommendations for each food group, she realized she had been buying too much meat and not enough fresh fruits and vegetables. The meat she purchased was a large percentage of her weekly grocery costs. Prior to EFNEP she didn't think she had enough money to offer her family a variety of fruits and vegetables as a part of their meals.

Through hands-on practice during the EFNEP lessons, she was able to transition the learning from the classes to her home. The participant applied what she learned about planning and shopping and shared that her new knowledge and skills made all the difference in being able to offer her family healthy, affordable meals. She learned to buy fruits and vegetables in-season and on sale. Using everything she learned from EFNEP, the participant began to introduce meatless meals to her family. Since her family needed only 5 to 6 ounces of protein a day, she saved money when she planned and served meatless meals several times a week. For meatless meals she served high protein foods like eggs in omelets and quiche with vegetable accompaniments, or beans in chili with leafy green vegetable salads. She used her planning skills to plan menus around the weekly sales.

By budgeting her SNAP dollars, dividing them into weekly portions, planning and purchasing meats only when on special, and serving some meatless meals during the week, she was able to stretch the family's food dollar. Best of all, her family is now eating healthy and she has both money and food left over to start the next month!



Youth Enjoy Other Drinks To Increase Vitamin D and Calcium Intake

During a series of 4-H EFNEP lessons, third graders at a local elementary school learned about making healthy choices, including consuming recommended amounts of dairy foods. Students learned about the importance of adequate calcium and Vitamin D intake to help build strong bones, but many shared that they didn't like to drink milk. The EFNEP program assistant knew growing children needed their vitamin D to build strong bones and that there were other drink choices that provide these nutrients. So, during the lesson, the program assistant encouraged the youth to try soy milk and many said they liked it. Several students reported that after the lesson they asked their parents to buy soy milk so they could drink it at home. EFNEP program goals are to ensure that participants find ways to enjoy what they're eating and improve their health at the same time. Calcium and vitamin D are very important for youth to guarantee proper growth and development, therefore showing them ways to increase their intake is important.

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.

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