

# EFNEP SUCCESS STORIES

## 2013 NC Cooperative Extension Congressional District 7

Serving Brunswick, Columbus, Cumberland, Duplin, Hoke, Lenoir, New Hanover, Robeson and Sampson counties



### Single Dad Saves Big On Food Costs

A Brunswick County Expanded Food and Nutrition Education Program (EFNEP) participant worked in construction and had little time to prepare breakfast in the mornings. As a single Dad he struggled with his responsibilities as a parent and the long commute to his job site each morning. He did not see how it would be possible to eat breakfast at home. Each morning on the way to work, he would stop by the drive-through at the local fast food restaurant and spend about \$5 for a meal. He easily spent almost \$30 a week eating out. Thus, he didn't have a lot of extra money to spend on leisure activities with his family.

While enrolled in EFNEP, the participant learned to use grocery store ads to plan a weekly menu including breakfast. He realized that making a grocery list when shopping will help him stay within his budget. In addition, the participant learned to prepare inexpensive yet quick and easy recipes from the EFNEP cookbook. During one of the food demonstrations, he was able to prepare and taste a breakfast smoothie recipe. He was surprised that the smoothie was easy to prepare, healthy, low in cost and filling. Applying the new skills he learned, this Dad began planning and making more meals at home.

Following the series of lessons, the participant shared that by simply planning, preparing and eating breakfast at home rather than purchasing a fast food breakfast, he not only feels healthier, but he is now able to stay within his budget. The money he has saved allowed him to take his son out for his birthday. This is a very special event because it was something he has not been able to do before. The participant has shared that his life has changed for the better because of the skills he learned from EFNEP.

### Factory Workers Eat Smart And Move More

Expanded Food and Nutrition Education Program (EFNEP) participants from a garment factory in Sampson County had relatively sedentary jobs with little opportunity for physical activity. Their jobs required them to sit on stools all day doing repetitive motions. They often brought in processed meals and snacks that were high in calories, fat, and sodium. They believed healthy meals were inconvenient, expensive to prepare, and tasted bland.

While in EFNEP, the participants learned about portion sizes and making smart drink choices. They learned to prepare quick and easy healthy meals and snacks using EFNEP recipes. Since their jobs were sedentary, they learned easy ways to increase their daily physical activity including taking the stairs instead of the elevator and parking further away from the entrance of the building.

Two co-workers, who were also good friends, shared that the lessons they learned in EFNEP has helped them become healthier. They have lost a combined total of 25 pounds. They believe it is a result of eating healthier foods and increasing their activity. They shared that the meals they bring to work are EFNEP recipes so they are lower in fat, calories, and sodium. They make an effort everyday to find ways to be more active at work. During their lunch break, they take time to walk around the facility. The support they give each other has given them the motivation they need to stay committed to their new lifestyle. Thanks to EFNEP, these co-workers are doing better at work because they are healthier and feel more energized.

*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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