

EFNEP SUCCESS STORIES

2013 NC Cooperative Extension Avery County

EFNEP Provides Mom with Quick, Healthy Recipes, Healthy Choices

According to a recent report from the American Heart Association on overweight in children and teens, cooking with kids can be the gift that keeps on giving. It has both short-term and long-term payoffs such as reducing the number of meals eaten outside the home; encouraging healthier choices; lowering the amount of time spent in front of the TV; and decreasing the amount of high sugar, fat and calorie snack foods that children consume. North Carolina Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) partnered with Avery County Public Schools to offer basic nutrition and cooking classes across Avery County.

After her child participated in the 6-lesson series one mother reported, "I always wanted my daughter to eat healthy, but because I didn't know how to select healthy foods to purchase for her, she could not make healthy choices at home. I began reading the EFNEP information she brought home and it has helped me make better choices at the grocery store. It has also provided snack and dinner recipes for me to prepare at home in the evenings. My daughter helps me prepare almost every meal. I think she will be a great cook when she grows up. Thank you for helping our family to start living healthier lives."

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.

Forthun, Larry. Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Original publication date September 2008. Revised January 2012 <http://edis.ifas.ufl.edu/pdf/files/FY/FY106100.pdf>.

Mom's New Confidence Results in Increase of Family Meals

According to the 2007 National Consumer Expenditure Survey from the Bureau of Labor Statistics the average family spent about \$8 per meal eaten outside of the home and only about \$4.50 for each meal made in their own kitchen. Eating out can be convenient, but restaurant and fast food meals can also be much higher in calories, fat, and sodium in addition to being much more expensive. The average restaurant meal has as much as 60% more calories than a meal made at home.

To help families stretch their food dollars, the North Carolina Cooperative Extension Service's Expanded Food and Nutrition Education Program (EFNEP) partnered with Habitat for Humanity to deliver a series of 9 lessons to families living in Avery County. During the series the need for scheduling family mealtimes was stressed. Also discussed were tips for smart planning and shopping, and cooking skills that would make those scheduled meals easier to prepare. The hands-on learning helped participants see how they could easily apply these new skills to their own family food budget and meals.

At the end of the series one mother commented, "I have always felt a need to have regular sit-down meals with my kids at home, but in the past I just did not feel confident enough to cook for my kids. We were eating frozen meals or going out almost every night of the week. The EFNEP program has helped me feel confident enough to try new recipes at home. We now eat together every night. Everyone helps prepare the meals... and clean up! We truly enjoy being together as a family. Thanks for the inspiration! And thanks for helping us better manage our budget and calorie intake!"

http://www.defeatdiabetes.org/self_management/text.asp?id=Family_Dinners



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