

# EFNEP SUCCESS STORIES

## 2013 NC Cooperative Extension Buncombe County

### EFNEP Assists Buncombe County to Meet State Education Requirements

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!

### Reading Labels Helps Participant Control Blood Pressure

Knowing how to read the Nutrition Facts Label found on commercial food products is an important skill for consumers. It is an especially important skill for individuals with chronic diseases like diabetes or hypertension. The label shares important information about the nutrients and ingredients found in the food product. Reading and understanding the label can help individuals with nutrition-related chronic diseases better control their health conditions.

One woman participating in a Buncombe County Expanded Food and Nutrition Education Program (EFNEP) series had been recently diagnosed with high blood pressure. She knew she had to watch her sodium intake, but wasn't concerned as she thought she consumed a good diet. For example, she knew breakfast was an important meal so she ate a pre-packaged turkey sausage biscuit each morning before going to work. The participant asked, "How could a processed turkey sausage biscuit be high in sodium?" EFNEP helped her discover the answer to that question. Through EFNEP, she learned how to read the Nutrition Facts Label and compare products for health benefits. When doing so, she learned that pre-packaged turkey sausage biscuits were high in both sodium and fat. So when she asked, "What can I eat for breakfast instead?" the EFNEP program assistant suggested that she substitute fresh fruit and cottage cheese for the turkey sausage biscuits, and whole-wheat English muffins or toast for the high fat biscuits.

By the end of the EFNEP series, the participant stated that because she could now read the Nutrition Facts Label, her blood pressure had dropped and she was making healthier food choices for her family. Her breakfasts were healthier and so were the other meals she planned and prepared for her family!



Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.



NC STATE UNIVERSITY

NORTH CAROLINA A&T  
STATE UNIVERSITY

