

EFNEP SUCCESS STORIES

2013 NC Cooperative Extension Columbus County



Mother Uses EFNEP Advice to Change Picky Eater to Healthy Eater

During an Expanded Food and Nutrition Education Program (EFNEP) lesson taught at a local Women, Infants and Children (WIC) clinic, one mother was concerned that her 4-year-old son wasn't eating enough fruits and vegetables. She shared that she had been offering him a variety, but he wasn't interested in even tasting them.

The EFNEP program assistant shared her own experience in getting her picky child to eat more fruits and vegetables. She suggested that the mother could try making the fruits and vegetables more kid-friendly by changing the appearance of the recipes. As they talked, the EFNEP program assistant offered several suggestions. Following the lesson, the mother looked online for additional ideas and recipes she thought her son would enjoy.

Some time later, the child returned to the WIC clinic with his grandmother to participate in another EFNEP lesson. During the lesson, the grandmother shared that her grandson has been eating more fruits and vegetables since her daughter started creating more eye-catching recipes thanks to EFNEP. She shared that one of his favorite recipes is a banana and peanut butter "worm" (slices of banana and glued together with peanut butter). As a result of EFNEP, this picky little eater has become a healthy eater.

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.

EFNEP Helps Family Be Active and Improve Family Relationships

The current Dietary Guidelines for Americans recommends at least 30 minutes of moderate daily activity for adults and at least 60 minutes of play for children to maintain good overall health.

During an Expanded Food and Nutrition Education Program (EFNEP) lesson, one young mother wanted to know how she could get more physical activity into her day. She shared that she found it difficult to get enough activity during the day since she has two young children and doesn't have a lot of time she can take to spend on exercising. One barrier to including physical activity was the participant didn't want to miss time with her children.

The EFNEP program assistant talked about ways the entire family could meet the recommendations for physical activity. She provided the young mother with examples of physical activities that she could do with her children. She also talked about ways her family could include physical activity while cleaning the home together.

Recently, the participant shared that she has started playing ball outside with her kids and walking around their neighborhood. She is able to put her youngest son in a wagon and pull him along as she and her older son walk. The young mother shared that not only are they being physically active together, but they are also talking and sharing more as a family. She stated the walks together have given her quality time with her children and improved their relationship.

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

