

# EFNEP SUCCESS STORIES

## 2013 NC Cooperative Extension Edgecombe County

### 4-H Student Learns to Snack on Vegetables

During a series of 4-H EFNEP lessons, students at one elementary school learned about the importance of eating fruits and vegetables. It has been reported that 56% of primary and 80% of secondary school students do not eat the recommended daily amount of vegetables even though eating fruit and vegetables every day helps children and teenagers grow and develop, boosts their vitality and can reduce the risk of many chronic diseases—such as heart disease, high blood pressure, some forms of cancer and being overweight or obese. Several of the children stated they had never tried some of the fruits provided, such as papaya, mango, and kiwi, served with low fat yogurt. One second-grader stated: “I had never tried carrots, cucumbers, and celery with low fat ranch dressing as a healthy snack and I love it! I will ask my mom to buy some for me when she goes shopping.” EFNEP has made an impact to these children’s diets that will keep them growing strong and avoid chronic disease.

<http://www.healthykids.nsw.gov.au/home/fact-sheets/eat-more-fruit-and-vegies.aspx>



### EFNEP Helps Mom Learn to Choose for Health

The Expanded Food and Nutrition Education Program (EFNEP) focuses on educating families to Eat Smart and Move More by providing them with strategies to save money and stretch their food dollars. For many program participants running out of food every month is a regular occurrence. One participant shared that she found it difficult to fix healthy, quick, and inexpensive meals for her family, including a son with many food allergies. She relied on ready-to-eat meals that were high in sugar and salt. After attending the EFNEP classes, she now knows how to read and understand the Nutrition Facts Label and examines the ingredients lists before purchasing an item. She states, “Now I can make better choices for my family to keep them healthy and safe. My husband has been impressed with my trying to save a dollar by cutting coupons and really trying to cook healthier meals. The classes have really helped me to budget my food dollars and cook healthy, delicious meals. I also see how important family time is and how we can all be healthy together.”

*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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