

EFNEP SUCCESS STORIES

2013 NC Cooperative Extension Halifax County



Students Try (and Like!) New Foods to Better Their Health

Research from the University of Missouri shows children must try a food multiple times before they accept it or develop the taste buds to enjoy it.¹ In a recent 4-H Expanded Food and Nutrition Education Program (EFNEP) class, a group of fourth-graders learned about the importance of choosing fruits and vegetables as part of their healthy snacks and meals. Prior to the lessons, most students stated that they didn't like to eat vegetables. In a series of lessons, the program assistant made a game of vegetable tasting, and they were encouraged to taste broccoli, cauliflower, cherry tomatoes, and squash. Almost every student tasted each of the vegetables and said they were "very good." The students stated they would eat them again, especially at home. 4-H EFNEP provides strategies to help youth make healthy choices and meet the recommendations for daily vegetable intake. By putting children in multiple situations that allow them to try healthy foods in hands-on activities, students have optimum exposure to foods that promote good health.

Mom Saves Time and Money Preparing New Dinner Options

In a recent Cooperative Extension Expanded Food and Nutrition Education (EFNEP) class, participants learned how to plan meals by creating a shopping list to help them make the most of their food dollars. One participant shared that she found it difficult to make her food last to the end of the month, and that her family was "tired of eating the same foods all the time." After completing the series of lessons, the participant shared that she now plans her meals for the week and creates a shopping list. She stated that by doing so, she has been able to save money and make sure food no longer goes to waste. She has incorporated the EFNEP recipes with her family's favorites and stated, "I don't have to think about what I'm going to cook (for dinner). I already know what we are having for that day." EFNEP has given her new, healthy meals to serve her family and techniques to enjoy preparing meals at home. Family mealtime has become healthier, affordable, and more enjoyable as a result of EFNEP.

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.

1. <http://www.umsystem.edu/newscentral/mindfuleating/2013/10/09/mindfully-training-your-taste-buds/>

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