

# EFNEP SUCCESS STORIES

## 2013 NC Cooperative Extension Lenoir County

### EFNEP's Easy Prep Recipes Helps Participants Save Time and Money

Research suggests that families who eat together have children that are 35% less likely to engage in disordered eating, 12% less likely to be overweight, and 24% more likely to eat healthier foods.<sup>1</sup> EFNEP strives to teach adults recipes that are healthy, less expensive, and easy to prepare so that bringing the family together isn't as much of a chore. The Lenoir County EFNEP program assistant teaches participants how to prepare quick, healthy, and inexpensive meals for their families.

In one EFNEP class, a grandmother commented that she used to feed her grandchildren a lot of frozen and processed meals. The main reason is the convenience especially since this grandmother was raising four young grandchildren and felt as though she was "too busy to cook."

Through the interactive food demonstrations, the participant learned easy recipes that took less than 30 minutes to prepare. She learned that with the right planning, she can feed her grandchildren healthy and nutritious meals within a short time.

As a result of participating in EFNEP, the participant has learned to prepare quick and healthy meals at home. Each week she prepares an EFNEP recipe from the handout or cookbook. She commented that she is no longer preparing frozen dinners at all and that her grandchildren love the new meals she prepares for them. To her surprise, her grocery bills have gone down significantly now that she is buying fresh ingredients as opposed to frozen and processed meals. Now she and her grandchildren feel healthier and happier because of what she learned from 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.human.comell.edu/pam/outreach/parenting/research/upload/Family-Mealtimes-2.pdf>

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### Children Choose Fruits and Vegetables Over Cakes and Cookies

The Lenoir County Expanded Food and Nutrition Program (EFNEP) offered a series of interactive nutrition education classes as part of a summer day camp at a local community center. During the series, the EFNEP Program Associate taught the children attending about the importance of eating more fruits and vegetables at every meal. The children had an opportunity to taste different vegetables and fruits. Many of the children tasted broccoli and cauliflower for the first time and loved it especially dipped in the low-fat vegetable-herb dip.

Recently, the director of the center shared with the program associate that in preparation for their monthly birthday celebration, the children requested a different menu than previous month's celebration. The director stated that this surprised her because typically the children would ask for pizza, cakes, cookies and other high sugar, high sodium, and high fat dishes.

For the birthday celebration following the EFNEP series of lessons, the children asked the director to use healthy recipes they had learned while participating in the program. In the end, the birthday celebration menu included EFNEP recipes that the children helped prepare such as vegetables with low-fat herb dip, fruit with low-fat yogurt dip, and orange smoothies. The director commented on how much of an impact the 4-H EFNEP program had made on the food choices of the youth. She stated that the children are now choosing to eat more fruits and vegetables.

This program highlights changes that are consistently achieved. An analysis of pre and post data collected by Cooperative Extension's EFNEP shows that 99% of the youth participants in Lenoir County reported an improvement of diet quality. These changes will make a difference in Lenoir County youth as they strive for a healthier lifestyle and the results will be a reduced risk of chronic disease later in life.