

EFNEP SUCCESS STORIES

2013 NC Cooperative Extension Onslow County



Mom and Daughter Increase Fruits and Vegetables

Onslow County Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) partnered with the PEERS Family Development Center to assist young parents in promoting good nutrition and healthful living. As part of this partnership, the EFNEP Program Assistant presented a series of nutrition education lessons to the clients served by the Center.

One participant of the EFNEP classes stated that she knew she and her daughter didn't eat enough fruits and vegetables. They often ate processed and ready-made foods because of its convenience. While enrolled in EFNEP, the participant learned to build a healthy plate around the recommendations of *MyPlate*. Through the food demonstrations, she was able to taste various examples of fruits and vegetables and realized that she truly enjoyed eating them. The participant shared she now feels that the best way to get energized is by eating a well balanced meal consisting of whole grain foods and being active at least 30 minutes or more a day.

Since completing the classes, the participant has been applying what she learned in EFNEP. She shared that she and her daughter have been eating fruits and vegetables at every meal. She has included more whole grains such as whole wheat bread in their diets. She has also started playing and being active with her daughter. She feels that the knowledge and skills she learned from EFNEP helped her improve not only her own health, but also the health of her daughter.

EFNEP Helps Participant Make Smart Drink Choices

A pre-EFNEP food recall revealed that an Onslow County EFNEP participant rarely drank energy drinks throughout the day and ate very little. She stated she relied on energy drinks for that extra boost throughout the day. Her frequent intake of energy drinks gave her a false sense of energy and fullness.

After the lesson "Making Smart Drink Choices," the participant realized the negative impacts of sugary and caffeinated beverages on her body. She didn't know that the empty calories and added caffeine reduced her appetite. In addition, she learned that in order to feel more energized, she needed to eat whole grain foods and increase her daily physical activity.

As a result of what she learned through EFNEP, the participant has replaced energy drinks with water. She has increased her daily intake of whole grain foods and uses *MyPlate* to guide her food choices. She also has made time to be more active every day. The participant shared that she feels healthier and has more energy than ever and thanks EFNEP for helping her make these healthy choices.

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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