

EFNEP SUCCESS STORIES

2013 NC Cooperative Extension Robeson County



Family Reduces Sugary Beverages When Youth Shares EFNEP Lesson

The Centers for Disease Control reports that drinking high calorie sugary beverages could add up to an extra 650 calories a day.¹

During a recent series of Expanded Food and Nutrition Education (EFNEP) lessons in Robeson County, the 4-H EFNEP program assistant taught students in a local elementary school about making smart drink choices. The youth learned how to read the Nutrition Facts Label to determine how many teaspoons of sugar are in popular sugary drinks. During the activity, the students calculated the number of teaspoons and many were very surprised by how much sugar was in their favorite drink.

Following the lesson, one participant shared that he showed his family how to calculate the amount of sugar in their favorite drinks. As a result of the activity, the family has since decreased the amount of soda they drink. A review of pre and post data of all Robeson County participants shows that 92% have reported improving the quality of their diet after completing EFNEP. These results demonstrate the effectiveness of the program in helping families and youth make positive changes to improve their health.

Mom Learns New Skills to Improve Family Diet

EFNEP in Robeson County partnered with a local rehabilitation center to provide a group of women with strategies to help them make healthy choices when feeding their families. Through a series of lessons, the EFNEP program assistant taught the group how to plan, shop, and fix more meals at home. Participants learned how to choose meals and snacks that included the food groups from *MyPlate*.

One participant shared that, prior to the EFNEP lessons, she would buy soda and other soft drinks and choose convenience foods for her family. Recently, she shared that she now stocks up on healthy snacks such as bananas, grapes, cheese and whole-grain low-fat crackers. She also chooses water and 100% juice. The participant shared that she now takes time “to better care for her health” and has a “stronger foundation of knowledge to take care of her children.”

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.cdc.gov/healthyweight/healthy_eating/drinks.html

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