

# EFNEP SUCCESS STORIES

## 2013 NC Cooperative Extension Sampson County



### Factory Workers Eat Smart and Move More

Expanded Food and Nutrition Education Program (EFNEP) participants from a garment factory in Sampson County had relatively sedentary jobs with little opportunity for physical activity. Their jobs required them to sit on stools all day doing repetitive motions. They often brought in processed meals and snacks that were high in calories, fat, and sodium. They believed healthy meals were inconvenient, expensive to prepare, and tasted bland.

While in EFNEP, the participants learned about portion sizes and making smart drink choices. They learned to prepare quick and easy healthy meals and snacks using EFNEP recipes. Since their jobs were sedentary, they learned easy ways to increase their daily physical activity including taking the stairs instead of the elevator and parking further away from the entrance of the building.

Two co-workers, who were also good friends, shared that the lessons they learned in EFNEP has helped them become healthier. They have lost a combined total of 25 pounds. They believe it is a result of eating healthier foods and increasing

their activity. They shared that the meals they bring to work are EFNEP recipes so they are lower in fat, calories, and sodium. They make an effort everyday to find ways to be more active at work. During their lunch break, they take time to walk around the facility. The support they give each other has given them the motivation they need to stay committed to their new lifestyle. Thanks to EFNEP, these co-workers are doing better at work because they are healthier and feel more energized.

*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.*

### Mom Loses 20 Pounds and Controls Diabetes

A Sampson County EFNEP participant had been struggling with obesity and diabetes for a long time. She admitted that it was difficult committing to her doctor's prescribed 1800-calorie diet because she loved to eat deep fried foods and high sugar, high fat snacks. However, her outlook changed when her 12-year old son expressed concern for her health. She knew it was time for a change but she just didn't know how to do it.

Fortunately, while in EFNEP, the participant learned ways to prepare meals using less fat and sodium. The food demonstrations allowed her to taste healthier alternatives of her favorite foods and snacks. She learned about hidden calories in foods, portion control and ways to eat healthy when eating out. In addition, she enjoyed using the *Walking Indoors with Leslie Sansome* DVD developed for use with EFNEP participants in collaboration with Rutgers University. The EFNEP Program Assistant gave her the DVD to encourage her to be active each day. She especially loved that her son would join her in walking.

After applying what she learned in EFNEP, the participant lost over 20 pounds and has gained control of her diabetes. Her cooking techniques have changed as well. Rather than frying her foods, she is grilling and baking them. Furthermore, the participant has switched from drinking regular soda to diet. She also makes it a point to drink at least 8 cups of water a day.

As a result of participating in EFNEP, the participant has made drastic changes in her life. She is healthier and more importantly, her son is no longer worried about her health. He, too, has made changes in his food choices. She is confident that the changes she and her son have made are permanent and that because what she learned in EFNEP, they are healthy and happy and enjoy life to its fullest.

Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.



NC STATE UNIVERSITY

NORTH CAROLINA A&T  
STATE UNIVERSITY



United States Department of Agriculture  
National Institute of Food and Agriculture