

# EFNEP SUCCESS STORIES

## 2013 NC Cooperative Extension Scotland County



### EFNEP Intern Becomes a Healthy Example for Participants

As part of her college coursework, a single mother with four children decided to intern with Cooperative Extension in Scotland County. She worked with the 4-H Expanded Food and Nutrition Education (EFNEP) program assistant to help deliver 4-H EFNEP lessons to local youth in elementary schools and afterschool programs.

Recently, the intern shared that she has started incorporating the information she learned from the 4-H EFNEP classes into her own family's habits. Prior to the lessons, she stated that she never ate breakfast, but since she has learned about its importance, they eat breakfast every day. She has also incorporated healthy snacks, such as banana chips, dried fruit, and yogurt pretzels, instead of snack cakes, chips, and candy. The intern has learned new recipes to encourage her children to eat more fruits and vegetables. "The Chicken Stir Fry was simple and full of vegetables. I was amazed that my kids tried cauliflower for the first time and loved it!"

She shared that the youth in the classes are learning, but she is also learning so much during her time with 4-H EFNEP. She stated, "I have been able to share the things I am learning from EFNEP with my family and friends. I have also been granted the opportunity to learn lifelong lessons that will grant my family healthy, happier lives!"

### Summer Bootcamp Provides New Family Favorite Recipes

Each summer, the 4-H EFNEP program assistant hosts a health and fitness Boot Camp for youth to attend at the Wagram Recreation Center. During the Boot Camp, youth learn about the importance of making healthy choices by including foods from each of the food groups on *MyPlate* and learning ways to be active throughout the day. As part of each lesson, participants help prepare a healthy recipe.

One of the volunteers for the group invited her three grandchildren (who were visiting from another state) to participate in the camp. After the children went back home to their parents, the volunteer shared that the children kept asking to return to the Boot Camp. They wanted her to keep them up-to-date on what happened during the remaining lessons each week so they could share the recipes and information with their parents. They shared they had already prepared their favorite recipe from Boot Camp, Chicken Stir Fry, with their parents.

*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.*

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

