

EFNEP SUCCESS STORIES

2014 NC Cooperative Extension Congressional District 3

Serving Camden, Chowan, Craven, Gates, Greene, Lenoir, New Hanover,
Onslow, Pasquotank, Perquimans and Pitt counties

Participant's Positive Changes Lead to Doctor's Endorsement of EFNEP

The goal of Lenoir County's Expanded Food and Nutrition Education Program (EFNEP) is to teach healthy behaviors that positively change lives. By promoting the healthy lifestyle principles supported in USDA's MyPlate, EFNEP really did change the life of one EFNEP participant who saw significant health improvements after putting into practice what she had learned in EFNEP.

Prior to attending the program, the participant suffered from high blood pressure, was overweight, and was not physically active. As she participated in the program, she discovered how MyPlate's healthy living concepts promoted by EFNEP were directly related to one's health. She learned that by eating smart and moving more, she could lose her unwanted weight, and lower her high blood pressure.

She began to apply what she was learning to her own life. She counted calories, making sure she was burning off more than she was consuming. She also started watching her intake of high-sodium foods hoping to reduce her hypertension. And, she became more physically active, which was the key to both burning more calories and lowering stress, both of which would help better manage her hypertension.

By the end of the EFNEP series, this conscientious participant was exercising daily, had lowered her blood pressure, and had lost 10 pounds. She told the class her doctor was very impressed with the changes she made and encouraged her to continue practicing what she had learned through 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.



Mom Uses \$10 to Make Two Healthy Meals for Her Family of Four

Sixteen percent of New Hanover County's population is below the poverty level.¹ Learning to provide a healthy diet and feed a family on a very limited budget is essential to the residents of this county.

For this reason, the Expanded Food and Nutrition Education Program (EFNEP) partners with local agencies to teach limited-income families basic nutrition, family resource management and food safety concepts. Practicing behaviors from all three objective areas ensures families will make nutritious and economical food choices.

One of the most impactful teaching tools EFNEP in New Hanover County uses to teach families to make wise food choices has been a \$10 shopping challenge. In this activity, participants are asked to prepare a meal for their family with healthy, inexpensive foods from all five MyPlate food groups for his/her family for under \$10.

One participant challenged herself to preparing two meals that incorporated foods from all five food groups for under \$10. Using an EFNEP recipe for chicken quesadillas and the meal planning and shopping strategies she learned from EFNEP, the participant was able to purchase a package of eight whole wheat tortillas, two small cans of chicken, one onion, one bag of low-fat shredded cheese, one can of black beans, and one jar of salsa for \$10.63, including tax. Although the participant spent just over the \$10 goal, she could serve her family of four two meals of quesadillas and still have leftover onion and salsa for additional EFNEP recipes.

EFNEP has helped this participant learn to shop smart and save money at the grocery store, while serving healthy meals for her family.

1. <http://quickfacts.census.gov/qfd/states/37/37129.html>

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

