

EFNEP SUCCESS STORIES

2014 NC Cooperative Extension Mecklenburg County



Mother Increases Variety in “Picky Eater” Child’s Diet as a Result of EFNEP

The Expanded Food and Nutrition Education Program (EFNEP) in Mecklenburg County provides families with strategies to make healthy food choices and be active each day. During one recent series of lessons, one mother asked the EFNEP Program Assistant how she could help her young daughter eat a more balanced diet. The mother described her daughter as a “really picky eater.” The mother shared that she had a hard time getting her to eat most foods and often resorted to giving her unhealthy foods just so that she would eat.

The EFNEP Program Assistant took her concern into consideration and shared her own experience in getting her picky child to eat more of a variety of foods. Others from the class shared their experiences as well. At each lesson the group prepared healthy recipes, and the mother reported that she would try the recipe at home with her family.

As the class series progressed, the mother reported that she was trying the strategies shared during the class to encourage her daughter to try new foods. She focused on preparing the healthy recipes she learned to make in the EFNEP classes. Her “really picky eater” daughter enjoyed the recipes and over time, the mother shared that she felt more confident that she could provide meals that her daughter would eat.

Mother and Son Increase Daily Physical Activity

During one recent series of lessons, the Expanded Food and Nutrition Education Program (EFNEP) Program Assistant met a participant who shared that she had struggled with her weight all of her life and felt that she was “making the wrong food choices for herself and for her family.” At each lesson, the program assistant talked with the group about strategies for making healthy food choices and ways to be physically active each day. The program assistant shared simple activities participants could do at home with their families to increase their daily physical activity. After attending a few lessons, the mother shared that she had been using the EFNEP resistance band she received in class to do the activities at home with her family. She said her teenage son has been encouraged to increase his physical activity too and has recently enrolled in an exercise program.

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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