

# IMPACT



Bannock County EFNEP, PO Box 4228, Pocatello, ID 83201; 208-236-7318; Fax: 208-236-7316

## EFNEP Lessons Improve Young Family's Life

### *The Situation*

Alice was expecting her third baby and at 22 years old she was justly barely getting by on food stamps and child support. When an EFNEP (Expanded Food and Nutrition Education Program) nutrition advisor knocked on her door and told her about the University of Idaho program, she was amazed that it offered so much to help her and that it was free.

### *Our Response*

When we started teaching her, we emphasized how important it was for her to plan ahead. We had her work on meal planning and making a budget so she would know what she needed for the month. She planned special days and holidays in advance so she could have a nice meal and a little something extra for her small children on special days.

When she had the *Food Buying* lesson, she learned how important it was to follow her menus and check sales and compare store prices. Often she would plan her menus according to what was in the store sales circular for the week and that really helped stretch her food stamp dollars.

Another helpful management tool she learned was to divide her total monthly food stamp amount into four and then only spend that amount each week. That way her food stamps would last all month long and they could eat as well the last week of the month as they did the first week of the month.

### *Program Outcomes*

Alice took a lesson each week for six months and graduated from EFNEP. Her life is much better now since using the new skills she learned from EFNEP. She religiously used EFNEP recipes that provide her low cost, quick, nutritious and tasty food for her children. She now knows what her children need to be eating to stay healthy and also knows a bargain when she sees one in the store.

Her money management skills have helped make the rest of her family's life more enjoyable by planning something special for holidays and family birthdays.

This young mother is going to face many challenges raising three children alone, but with her newly learned skills it will be much better than if she hadn't had the EFNEP education. She wants to thank EFNEP for finding her and teaching her these wonderful lessons.

### *For More Information*

Audrey Liddil, EFNEP Extension Educator  
University of Idaho Extension—Bannock County  
130 N. 6<sup>th</sup>  
Pocatello, Idaho 83201  
208-236-7318  
Fax: 208-236-7316  
Email: [aliddil@uidaho.edu](mailto:aliddil@uidaho.edu)

45-05aliddil-efnep.doc  
12/05