

It's the Small Things that Make EFNEP Important with Families

The Situation

The Expanded Food and Nutrition Education Program teaches low-income clients practical nutrition, meal planning, food preparation, food safety and grocery shopping skills. The program measures client progress with a 24-hour dietary food recall and a food behavior checklist. Data entry by office staff records the information in the computerized EFNEP Reporting System, which then provides a detailed report. While the report provides a detailed analysis about client eating habits, food preparation and food handling methods, there is no consistent way to record anecdotal comments made by clients.

Our Response

Idaho nutrition advisors solicit comments from their clients prior to each client's graduation from the program. The supervisor collects the anecdotal information and uses it to personalize the impact of the program. Lucy Miranda, a nutrition advisor in Canyon County, teaches a diverse clientele. Many of Lucy's clients are Spanish speakers; some of them have completed high school but many have only a few years of elementary education. Lucy's weekly lessons provide her clients with information about topics that they never studied and recipes to prepare foods their families wanted to try.

Achievements

Tina C. is "more careful about adding fat to her family's foods" because of the fat and cholesterol lesson.

Marie F. was "able to control her weight" after learning about standard serving sizes.

Xochitl L. keeps "a bowl of fruit out" so that her children can snack on it throughout the day. When Josefina W. prepared scalloped potatoes for the first time, her "family liked it...there was none left."

Edit C. never liked vegetables. Due to the EFNEP lessons, she learned "how important (vegetables) were" and now her "children don't have to remind (her) to serve them."

Maria B. learned about the dangers of listeriosis from the Food Safety lesson. She didn't know that "hot dogs (needed) to be cooked before serving them to her children; now she cooks them first."

The Future

Comments from clients help program supervisors evaluate and refine the lessons. Nutrition advisors will be encouraged to continue gathering anecdotal information.

Cooperators

Nazarene Care Center
Canyon County Extension System
Health and Welfare, Region 4

For More Information

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