

Transcript of Video EFNEP

7 minutes total

Impacting Lives, Investing in Futures

Helen Chipman, Food and Nutrition Education National Program Leader, USDA--NIFA: EFNEP is the low income, nutrition education program for families and youth who are struggling financially. And by nutritional education, it's a very holistic kind of program, we teach about a lot of the basic food skills, how to have a healthy diet and how to get to that healthy diet, meaning your shopping skills, your food preparation skills, family meal planning, food safety, food resource management, food security, that the food lasts till the end of the month, we look at physical activity. So EFNEP is very holistic approach and a very hands-on learning approach to helping people gain the skills they need for a healthier and more adequate diet.

EFNEP provides nutrition education to low income individuals and families to help them make healthier food choices and save money.

Ruby Nancy, EFNEP Professional Iowa: I had a participant who, as a single mom, full time student, part time employee with six kids, whose grocery bill went down \$180 a month.

Jeannine Knepper, Participant, Pennsylvania: You assume that people know how to eat, you know, and that people will just cook to meet those needs. And unfortunately, nutrition is something that does have to be taught, and budgeting is something that has to be taught, we're not covering those in regular schools and in classes, and this program needs to be around to teach those skills because they will really take a person far throughout their life and through their children's lives.

Cheryl Kobel, St. Martin Center, Pennsylvania: If we teach people how to better shop for food and what to do with food product that they might get at a food pantry or even some of the things that they purchase in stores, it helps decrease the number of people that go back to food pantries for assistance. It helps break that cycle of dependency.

EFNEP reaches more than 500,000 people each year. EFNEP is available in all 50 states, 6 U.S. territories, and the district of Columbia. Following their participation in EFNEP, 92% of participants follow the MyPyramid nutrition recommendations more closely. 88% of participants improve their nutrition practices by reading food labels and making better decisions. 83% of participants learn how to

stretch their food dollars further. 66% of participants handle food more safely. 40% of participants increase their daily physical activity. But EFNEP does more than just teach nutrition...

Susan Baker, Assistant Professor EFNEP Coordinator, Colorado: One of the participants I work with over the years, she started our program, had been a multi generational family living in public assistance. She, her family had for four generations had lived in the same public housing neighborhood. And that's what she knew. She participated in our program, went back to school, completed her GED, then started classes at the community college, and last time I talked to her she was a city council person. So, she was so empowered she wanted to make a difference in other people's lives. And if you think about from whence that came, it's pretty amazing that we could be a part of something that could just help a person believe in themselves enough to have the courage to go back to school.

Bertha Silva, EFNEP Paraprofessional, New Mexico: It's a tool, and it's a tool that families and individuals can use to better their lives in more than one way. More than just food, because when people come together, they conjugate to learn together and cook together it sets off the first spark that's needed for education to spread. So I think that EFNEP is the spark that's needed in people's lives and communities.

Ronda Stiles, EFNEP Paraprofessional, Pennsylvania: Just think that it's a gradual improvement of yourself, EFNEP. You can go to the class, and get the certificate and feel confident enough then to maybe take another class in something else, computers, or actually join one of the new choices and options classes - which in our state is about trying to get your GED, trying to get your associate degree, trying to get a bachelor's degree, you have all the resources there. But I think sometimes when they take our classes they get the confidence to move on and improve themselves when they might not have before.

Sylvia Montgomery, EFNEP Program Specialist, USDA-NIFA: I have two stories on EFNEP, one is a family in Alabama, a family of seven, a mother, a father, 5 small children, where the mother turned to EFNEP after the second loss of her husband. And then there's another story in Indiana, where a single mother was living in a homeless shelter for battered women with her 6 children, who she also turned to EFNEP to help her family through their nutritional needs. The mother with the 6 small children in the homeless shelter ended up earning 3 degrees and the 5 children in Alabama ended up all being graduates. All of them. The thing about these stories is that each one of them accredit the EFNEP program for their successes. EFNEP helped them in more ways than one. It was above and beyond nutritional education. It supplied them with the skills that they needed in order to be able to go out and to be self sufficient individuals in life. And that's what EFNEP is about. It's about people and it's about educating, in more ways than one. And that's what EFNEP has been doing since 1969.

Jeannine Knepper: For a community to be able to have a program like this, it's certainly more valuable than anyone really understands.

Cheryl Kobel: It's a godsend and it's an answer to help people who in these economic troubling times we have to be there for them, we have to help them help themselves. So as an agency that promotes self sufficiency this is just one piece of the puzzle that helps do that.

Helen Chipman: One of the strange things about EFNEP is it brings together the critical issues, the research, the emerging technology and learning them, and so it brings together all these elements but it doesn't lose sight of the basic foundation of helping real people. Ultimately, EFNEP is about helping people improve the quality and adequacy of their diets, when they are struggling financially, thereby impacting their lives through food and nutrition education.

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