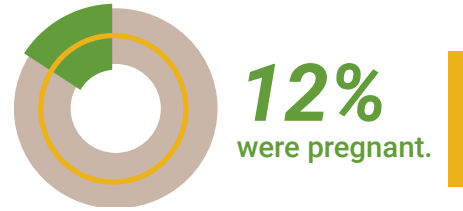
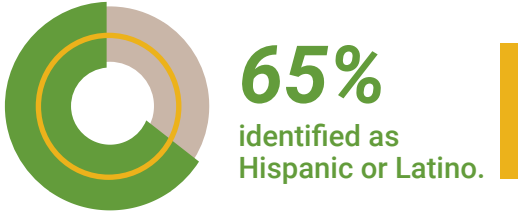


EFNEP in our Communities:

# Wildcat District

**172** KANSANS RECEIVED NUTRITION EDUCATION.  
17 Adults and 155 youth.

**75** TOTAL FAMILY MEMBERS REACHED.



## Education with Impact

EFNEP's hands-on learning helps Kansans make positive health changes in their everyday lives.

### Adults Graduates



### Youth Graduates



## Impact in Action

### Seasoned with Support

The Expanded Food and Nutrition Education Program (EFNEP) in Crawford County plays a crucial role in promoting healthy eating habits and cooking skills among low-income families. In a diverse community served by the program, many participants face challenges related to nutrition education, time constraints, and cultural food preferences. This story focuses on a group of Spanish-speaking mothers from Mexico, El Salvador, and Guatemala who participated in a series of nutrition classes. Many of these women juggle multiple responsibilities, including work, household duties, and active involvement in their children's lives, making it difficult for them to prioritize healthy cooking.

In response to the challenges faced by these participants, the nutrition educator introduced recipes that incorporated familiar ingredients while also encouraging participants to try healthier alternatives. Additionally, working with the Pittsburg Police Department, the nutrition educator was able to provide resources and translating services to help participants navigate community support services.

As the program progressed, participants began to embrace the changes in their cooking habits and made significant strides in reducing sodium intake by incorporating alternative seasonings such as garlic powder and paprika, participants found ways to enhance flavor without relying on salt.

The EFNEP classes not only improved their cooking skills but also fostered a supportive community where participants felt empowered to make healthier choices for their families. Through EFNEP, these mothers transformed their approaches to nutrition and cooking, leading to lasting changes in their households.

### Healthy Habits, Stronger Families

In our community, many families face challenges related to nutrition, particularly with incorporating fruits and vegetables into their diets. EFNEP in Crawford County partnered with the View Clinic which offers guidance to parents and an incentive program allowing participants to earn points towards essential items like clothing and diapers when they attend the EFNEP nutrition education class.

The participants at the View Center class were primarily parents looking to improve their family's nutrition but were struggling with ingrained habits and preferences, particularly when it came to vegetables.

One mother expressed her frustration with cooking, stating that her husband and son typically refused to eat vegetables, which discouraged her from preparing them at home.

By the fourth lesson, her husband attended class and shared how he had decided to stop drinking energy drinks after discussing health concerns with his wife. He even participated in cooking a recipe with their son, which marked a turning point for the family.

By the final class, the mother proudly reported, "We've been cooking the recipes from class at home. My son is actually eating more fruits and vegetables now!" The family's willingness to try new recipes not only improved their diet but also strengthened their bond as they prepared meals together.

The mother also noted that the point system at the clinic motivated her to attend regularly, reinforcing her commitment to healthier cooking.

By providing education and support, families can overcome obstacles and make lasting changes to their eating habits, leading to improved health and well-being.



## Impact in Action

### Choosing Healthier Drinks for a Brighter Future

The Expanded Food and Nutrition Education Program (EFNEP) aims to educate youth about making healthier choices, particularly concerning beverage consumption. At Mound Valley Jr. High, many students were unaware of the negative health impacts associated with sugary and caffeinated drinks. One student, in particular, expressed a strong preference for Monster energy drinks, frequently purchased for him by a family member, highlighting a common challenge faced by teens: peer and family influences on dietary choices.

During the EFNEP classes we discussed the nutritional content of popular beverages and explored the high levels of sugar and caffeine in energy drinks.

During the final class, the student proudly shared, "I've decided to get 100% orange juice instead of Monster." This decision not only reflected his newfound awareness of healthier options but also demonstrated a willingness to change his habits for the better.

The EFNEP class helped to empower students to make informed decisions about their health and fostered a culture of wellness among peers.



### For more information or to get involved:

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