

# Extension Service's EFNEP Program Takes Nutrition Education To Urban Communities

BY MARGIE FUSCO

**Cambria County Correspondent GREENSBURG** — Pat Long is angry. Despite a sunny day and a successful conclusion to the Westmoreland County day camp, the senior extension agent is on a subject that gets her steamed: the July 1986 Reader's Digest article that labels the Cooperative Extension Services as one of "Uncle Sam's Ten Worst Taxpayer Rip-Offs."

"The writer didn't mention a thing about nutrition programs. He probably didn't even know about them." She pauses, and noting that the author spoke to an official in the U.S. Department of Agriculture, adds, "I'll bet he didn't know about them, either."

Long is responsible for administering the Expanded Food and Nutrition Education Program in Westmoreland County, one of 56 county programs in the state. EFNEP, as Long notes, may be the extension service's best-kept secret.

Whereas most extension services deal with the rural community, EFNEP takes the lessons of agriculture into the heart of urban communities. Founded in 1969 (with Westmoreland as one of the pilot counties in the project), EFNEP helps low-income families improve their nutrition through education and better use of resources.

In Pennsylvania, the program reaches almost 6,000 families a year. Westmoreland County annually serves about 250 families through EFNEP. More than half of these households have less than \$438 in monthly income. Although most of the participants receive

food stamps and other supplemental help, many of the homemakers are young and are uncertain about how to make ends meet and still feed their children well.

"We're not talking about people who are ripping off the system," Long says. "We're talking about people with a genuine need. Maybe they came out of poor homes themselves and they don't even know the basics of good nutrition. Or maybe they're unemployed and suddenly living on a tiny income, trying to figure out how to meet the bills and still feed a family. These are people we're helping."

Through EFNEP, nutrition aides meet with homemakers and teach them about basic nutrition, food selection and preparation, and skills such as gardening and canning. "People who grew up learning to can and garden presume everyone knows how, but a lot of folks don't," Long explains. "A lot of the people we deal with haven't been near a garden before, or they're far removed from families who could teach them. They need a network of people who can help."

EFNEP aides also work with children, establishing 4-H clubs in low-income communities. "In the past, these clubs were labeled and separated," says Joanne Logan, 4-H advisor in Westmoreland County. "They were the nutrition clubs. Now we're making every effort to treat all our clubs equally." Programs such as the annual 4-H day camp help EFNEP aides, volunteer helpers, and 4-H members reach even more children with education about nutrition. Logan notes that

nutrition-based 4-H clubs outnumber livestock clubs in the county.

The Westmoreland County EFNEP program functions with six aides in addition to Long. One aide works entirely with youth programs. The remainder spend the majority of their time with adult programs. "Our staff really works as a team," Long says. "That's what it takes to make it work, and it's working here."

But Long knows that things may change soon. The program is facing substantial revisions in November. "Up until now it's been mostly one-on-one. We take a homemaker and work with her over the course of three years. We evaluate her knowledge at the beginning and help her to build skills and get confidence in herself as a homemaker." The new program will shift the emphasis to group activities and will require that instruction time be shortened to one year.

Noting that group instruction can be difficult in low-income areas where neighbors may be at odds, Long admits, "I'm concerned about how it's going to work out." She has an additional concern: in January she will be losing three of her nutrition aides to retirement. "It's taken a lot of years to develop this program," she says. "I feel as if we've done a lot of good. Now we'll have to cut back and serve fewer families."

Agnes Mayewski, one of the nutrition aides facing retirement, says, "This has been more than just a job for me. I feel as if I'm doing something for people, making some difference in their lives. I worry about what's going to become of a good program."

## Westmoreland 4-H Camp Makes Learning Fun

BY MARGIE FUSCO

**Cambria County Correspondent GREENSBURG** — Bradley Diggs is a winner in more ways than one. He's one of 200 youngsters, ages 8 to 12, who attended the 16th annual Westmoreland County 4-H Day Camp, held July 7-10 at Twin Lakes Park near Greensburg.

Diggs won the apple eat-off during his group's day at the camp. But like all the others who attended the program, he took home more than an award.

"The camp is designed to make learning fun," explains Pat Long, home economist with the Westmoreland County Agricultural Extension Service. The camp is part of the federally-funded Expanded Food and Nutrition Education Program, administered by the Extension Service in 56 Pennsylvania counties.

Because EFNEP includes 4-H clubs in its range of nutrition education programs, the idea of day camps was established near the program's start. The annual Westmoreland County day camp is open to youngsters in four com-

munities served by EFNEP. For a token fee of 50 cents, the youth gets a day-long program of workshops and games, along with a hot, nutritious lunch.

This year's camp focused on apples. Campers were divided into groups identified by apple varieties. They played a "Wheel of Fortune" game in one workshop, answering questions about proper nutrition. In another workshop, they learned how to operate a microwave oven and baked their own apples for a snack. After lunch they held an apple eat-off contest, then had a miniature petting zoo featuring farm animals. The day ended with games and a boat trip on one of the park's lakes.

A new feature of this year's program was a separate workshop for adult chaperones at the day camp. While the youngsters were busy with games and crafts under the watchful eyes of their 4-H club counselors, the grownups went off to learn beauty tips and try their own hands at a craft. "A lot of mothers come along each year as volunteers," Long explains. "We wanted the women to spend a day

feeling good about themselves."

It's not just the mothers who learn to feel good about themselves. Bradley Diggs, usually solemn-faced, breaks into a grin as he accepts his apple eat-off award. Maria Glance hesitantly tries her first-ever sip of goat's milk... and goes on to drain the glass eagerly. "I just milked a sheep! I really did it!" a girl shrieks. It's not important that she really milked a goat; what matters is that for the first time all day she peers out over the movie star sunglasses she's been hiding behind.

"This is a special place," notes Extension Service 4-H Advisor Joanne Logan, who helps to run the camp. She points to the number of 4-H teens who come back year after year to act as counselors. "One fellow over there has even graduated from the program this year, but he came back because he wanted to work the day camp one more time."

Kim Flowers of the New Alexandria Home Ec 4-H speaks for the others when she says, "I love it. I love working with the kids here. I think I learn as much from them as they do from me."



Day campers from Seward join their counselors in parachute games.

See your nearest  
NEW HOLLAND

Dealer for Dependable  
Equipment and Dependable  
Service:

- |   |   |
|---|---|
| <b>Anville, PA</b><br>B H M. Farm<br>Equipment, Inc<br>RD 1<br>717-867-2211                           | <b>Lititz, PA</b><br>Roy A. Brubaker<br>700 Woodcrest Av<br>717 626-7766                                      |
| <b>Beavertown, PA</b><br>B&R Farm<br>Equipment, Inc<br>RD 1, Box 217A<br>717-658-7024                 | <b>Loysville, PA</b><br>Paul Shovers, Inc<br>Loysville, PA<br>717 789 3117                                    |
| <b>Belleville, PA</b><br>Ivan J. Zook<br>Farm Equipment<br>Belleville, Pa<br>717-935-2948             | <b>Lynnport, PA</b><br>Kermit K. Kistler, Inc<br>Lynnport, PA<br>215-298-2011                                 |
| <b>Canton, PA</b><br>Hess Farm Equipment<br>717-673-5143  | <b>Mill Hall, PA</b><br>Paul A. Dotterer<br>RD 1<br>717-726-3471  |
| <b>Carlisle, PA</b><br>Paul Shovers, Inc<br>35 East Willow Street<br>717-243-2686                     | <b>New Holland, PA</b><br>A B C Groff, Inc<br>110 South Railroad<br>717-354-4191                              |
| <b>Chambersburg, PA</b><br>Clugston<br>Implement, Inc<br>RD 1<br>717-263-4103                         | <b>New Park, PA</b><br>M&R Equipment Inc<br>P O Box 16<br>717 993-2511  |
| <b>Davidsburg, PA</b><br>George N. Gross, Inc<br>RD 2, Dover, PA<br>717-292-1673                      | <b>Oley, PA</b><br>C J Wonsidler Bros<br>RD 2<br>215-987 6257   |
| <b>Elizabethtown, PA</b><br>Messick Farm<br>Equipment, Inc<br>Rt 283 Rheem's Exit<br>717 367-1319     | <b>Pitman, PA</b><br>Marlin W. Schreffler<br>Pitman, PA<br>717 648-1120                                       |
| <b>Everett, PA</b><br>C Paul Ford & Son<br>RD 1<br>814-652 2051                                       | <b>Quakertown, PA</b><br>C J Wonsidler Bros<br>RD 1<br>215 536-1935   |
| <b>Gettysburg, PA</b><br>Yingling Implements<br>RD 9<br>717 359-4848                                  | <b>Quarryville, PA</b><br>C E Wiley & Son, Inc<br>101 South Lime Street<br>717 786-2895                       |
| <b>Greencastle, PA</b><br>Meyers<br>Implement's Inc<br>400 N Antrim Way<br>P O Box 97<br>717-597-2176 | <b>Ringtown, PA</b><br>Ringtown Farm<br>Equipment<br>Ringtown, PA<br>717-889-3184                             |
| <b>Halifax, PA</b><br>Sweigard Bros<br>RD 3, Box 13<br>717-896-3414                                   | <b>Tamaqua, PA</b><br>Charles S. Snyder, Inc<br>RD 3<br>717-386 5954  |
| <b>Hamburg, PA</b><br>Shartlesville<br>Farm Service<br>RD 1, Box 1392<br>215 488-1025                 | <b>West Chester, PA</b><br>M S Yearsley & Son<br>114-116 East<br>Market Street<br>215-696 2990                |
| <b>Hanover, PA</b><br>Sheets Brothers, Inc<br>1061 Carlisle St<br>Hanover, PA 17331<br>717-632 3660   | <b>West Grove, PA</b><br>S G Lewis & Son, Inc<br>RD 2, Box 66<br>215-869-2214                                 |
| <b>Honey Brook, PA</b><br>Dependable Motor Co<br>East Main Street<br>215-273-3131<br>215-273-3737     | <b>Churchville, MD</b><br>Walter G. Coale Inc<br>2849-53<br>Churchville Rd<br>301-734-7722                    |
| <b>Honey Grove, PA</b><br>Norman D. Clark<br>& Son, Inc<br>Honey Grove, PA<br>717-734-3682            | <b>Frederick, MD</b><br>New Holland, Inc<br>Rt 26 East<br>301-662-4197<br>Outside MD, 800-331-9122            |
| <b>Hughesville, PA</b><br>Farnsworth Farm<br>Supplies, Inc<br>103 Cemetery Street<br>717 584-2106     | <b>Westminster, MD</b><br>New Holland, Inc<br>1201 New Windsor Rd<br>301 857-0711<br>Outside MD, 800-331-9122 |
| <b>Lancaster, PA</b><br>L H Brubaker, Inc<br>350 Strasburg Pike<br>717 397-5179                       | <b>Washington, NJ</b><br>Frank Rymon & Sons<br>201 689-1464   |
| <b>Lebanon, PA</b><br>Keller Bros<br>Tractor Co<br>RD 7, Box 405<br>717-949-6501                      | <b>Woodstown, NJ</b><br>Owen Supply Co<br>Broad Street &<br>East Avenue<br>609-769-0308                       |