



EFNEP nutrition advisers hold an appreciation celebration for individuals and agencies that assist them in teaching cooking, food shopping, planning, and nutrition to low-income families. From left are Susan Fisher, supervisor; Brenda Stallman, Chris Valentine, Anita Rhawn, and Wendy Bedford.

EFNEP Program Changes Lives

LOU ANN GOOD
Lancaster Farming Staff
LANCASTER (Lancaster Co.)
—“I don’t feel there is any possible way to thank you for all you’ve done for me and my family, but I

can say with all honesty that I really feel like I’m a good mother, which isn’t how I felt before I met you.”

These are the words of a participant in Penn State’s Expanded

Food and Nutrition Education Program (EFNEP). EFNEP is a program that helps families with young children and limited incomes to stretch their food dollars, make nutritious meals, and keep food safe.

Nutrition advisers working out of the Lancaster Extension Service office visit homes referred to them through agencies and schools. Several times a month, the advisers meet with individuals or small groups to teach them how to develop good eating habits in the family. They learn how to shop for groceries to determine the best buys, how to read labels and determine what foods are healthful. The advisers cook meals with the clients and provide them with simple recipes.

This year, EFNEP worked with 270 families in the county.

“Before I participated in the program, I fed my kids hot dogs and chips. I thought I was feeding them properly because I saw they had something in their stomachs,” said a single mom of four daughters.

After completing the program, the mom said, “Now I know the

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Mary Green and Cheryl Griffin tell how the EFNEP program has changed their cooking and eating habits.



Nelsa Vasquez and daughters report they are eating good-tasting and healthful meals after participating in the EFNEP program.

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