

EFNEP Program Changes Lives

(Continued from Page B12)

proper way my kids need to eat. I learned to cook quick, easy, and nutritious meals that the kids enjoy eating."

Enthusiasm for the program is repeated again and again by participants.

But the nutrition advisers are quick to point out that the program would not be successful without the help of many other agencies and individuals who lend support in many different areas.

Recently, EPNEP in Lancaster County held an appreciation reception to thank supporters of the program.

Susan Fisher, who oversees the program in York, Lancaster, and Lebanon Counties, praised government officials, agencies, and individuals by saying, "Some people just do a job for money, but you do yours because you care."

Some of the participants who completed the program recently told how the program has helped changed their lives. Some have sought shelter from abuse, some have had their kids put into foster care, and EFNEP has been instrumental in helping them put their lives back together so that they can be a stronger parent.

"I learned how to take care of my

baby," said one.

"I learned how to make meals when I didn't think I had anything to make it with," said another.

Many of the behind the scenes work is often unnoticed. Some of these go to individuals who baby sit or entertain the children while the mother is participating in the classes. Some provide presents, Easter baskets filled with toys and necessities that are distributed to the children of EFNEP

participants.

"We see so many needs and wonder how we can meet all the needs, but you give us the support we need to make our job pleasant and effective," said Brenda Stallman, nutrition advisor.

In addition to reaching mothers, nutrition advisers also work with youth by holding cooking classes at Barnes Hall, a detention center.

EFNEP was started in 1969 by Penn State University's Coopera-

tive Extension Service in cooperation with the U.S. Department of Agriculture.

Chris Valentine, nutrition advisor, said that agencies such as WIC, Head Start, and Family Services really work together for well being of the homemaker rather than to promote individual agencies.

"When you love what you do and you know it matters. How can anything be more fun?"

Small Scale Fruit Production

UNIVERSITY PARK (Centre Co.) - Amateur Pennsylvania gardeners looking to take the next step up from rhododendrons will want a copy of "Small-Scale Fruit Production," a new manual developed by Penn State's College of Agricultural Sciences. The guide is designed for people who want to produce fruit on one acre or less.

"Small-Scale Fruit Production: offers step-by-step instruction for hobbyists in the care and growing of apples, pears, peaches, grapes, berries, kiwi and many other common fruit varieties. Starting with planning for the planting site, the 180-page manual offers tips on the best times for planting fruit trees,

pollination requirements for trees and other fruits, an explanation of soil fertility and pH needs, and a year-round schedule titled "Monthly Maintenance for Home Fruit Gardeners."

Authored by Penn State researchers and faculty, the manual is targeted for Pennsylvania's amateur growers, with climatological and pest-management information specific to the state.

"Small-Scale Fruit Production" contains valuable graphs and charts, as well as entire chapters devoted to pome fruits, stone fruits, grapes, brambles and more. The publication is available for \$9. For ordering information, telephone (814) 865-6713,



Participants and supporters of EPNEP mingle at the 11th annual appreciation dinner held at the Farm and Home Center recently.

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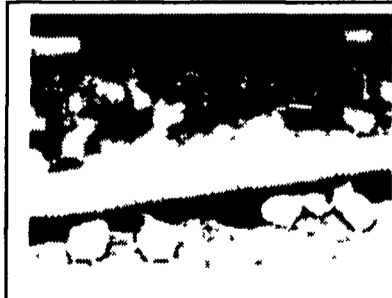
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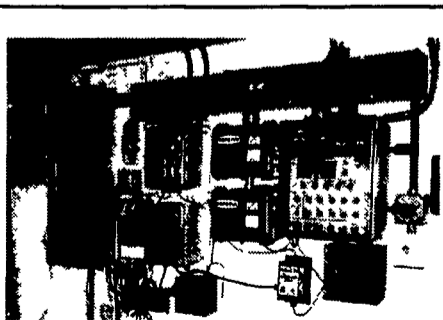
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