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QUALITATIVE STUDY TO DETERMINE QUALITY OF LIFE FACTORS BASED
ON REPORTED EFNEP SUCCESS STORIES

By
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A THESIS

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QUALITATIVE STUDY TO DETERMINE QUALITY OF LIFE FACTORS BASED ON REPORTED EFNEP SUCCESS STORIES

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University of Nebraska, 2010

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The purpose of this study was to develop an understanding of how adult participants describe quality of life during or after participation in the Expanded Food and Nutrition Education Program (EFNEP) at sites across the United States. The study analyzed success stories submitted by EFNEP staff and participants from sites in nine states including Arizona, Colorado, Kansas, Maine, Nebraska, Nevada, Texas, Utah, and Virginia from the years 2004 to 2010. A total of 1,057 success stories were analyzed.

The success stories were descriptions of the participants' experiences with EFNEP. The stories were analyzed by highlighting words, phrases, and/or sentences, and creating a short one to three word code that would best describe that information. After all of the stories were analyzed, the codes were grouped into themes.

The analysis identified seven themes that describe what quality of life is for adults who have participated in the EFNEP program: increased knowledge, improved overall health, enjoyment and desire to learn, support and confidence, impact on family, a new perspective on health, and positive change. A quality of life evaluation tool was created from the seven themes as a way to start documenting EFNEP's effect on participant

quality of life. The evaluation tool could be administered at program entry and exit and includes five statements that would be rated by participants on a scale from strongly disagree to strongly agree. The five statements address the themes of enjoyment and desire to learn, support and confidence, impact on family, and new perspective on health. The statements are as follows: (1) I am excited and interested in learning about ways to improve my nutrition and health. (2) I am self-confident about my health, appearance, and ability to buy and prepare food. (3) I have people that help me make positive changes to my health and well-being. (4) My knowledge about nutrition and health has a positive impact on my family. (5) I feel I am in control of my health.

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Chapter I

INTRODUCTION

Approximately 60 million people in the United States are at or below 185% of the national poverty line (US Census Bureau, 2008). For a family of four, 185% of poverty would be an annual income at or below about \$40,800 (USDHHS, 2009). Numerous federal and state programs have been developed to provide education and assistance specifically for this population. The Expanded Food and Nutrition Education Program (EFNEP) is one of these government funded programs that was developed to aid American families with limited resources. EFNEP provides education to two primary audiences: adults ages 19 and up, and youth ages 6-18 years (NIFA, 2009). In 2008, EFNEP reached 141,181 adults and 449,092 youth directly and more than half a million family members indirectly. This program provides assistance to an audience that is most in need, as 88% of EFNEP families are at or below 100% of poverty (Welsh, 2008). For a family of four, 100% of poverty would be an annual income at or below \$22,050 (USDHHS, 2009).

EFNEP educational lessons teach participants how to select, buy, and prepare foods to improve the nutritional quality of meals, gain skills in food preparation, storage, safety, and sanitation, manage food budgets, and learn about other food assistance agencies and organizations available in the community (NIFA, 2009). Previous research verifies that participation and graduation from EFNEP improves dietary practices, increases retention of nutrition knowledge, disease prevention, economic benefits, and

food security (Arnold & Sobal, 2000; Brink & Sobal, 1994; Burney and Haughton, 2002; Cox et al., 1996; Dollahite et al., 2003; Rajgopal et al., 2002). The impact EFNEP has on nutrition and dietary quality provides support to the theory that EFNEP may also have a positive effect on quality of life.

This qualitative study analyzed stories describing participants' experience with EFNEP to determine common quality of life themes. Results from this study would be beneficial to many audiences. With this information, researchers can better understand the low-income audience and continue to develop and expand quality of life factors that specifically effect this population. EFNEP staff can use this information to modify their educational approach and better understand the impact the information has on its participants. EFNEP administrators can create surveys and assessment tools to document and evaluate EFNEP's impact on quality of life. EFNEP participants may receive more effective education and assistance if information can be modified to target quality of life factors. Other federal and state programs targeting this population can apply this research to identify and/or document quality of life changes in their participants.

The purpose of this qualitative study was to develop an understanding of how adult participants describe quality of life during or after participation in EFNEP programs at sites across the United States. At this stage in the research, quality of life will generally be defined as the degree of satisfaction or dissatisfaction with personal, social, economic, and environmental expectations beyond basic human needs.

Objectives:

The objectives of this research include:

1. To develop an understanding of how adult participants describe their experiences with EFNEP by generating themes from the participant success stories.
2. To analyze the themes produced from the success stories and establish five questions that could be validated as a way for EFNEP to start documenting its effect on participant quality of life.

Chapter II

LITERATURE REVIEW

Expanded Food and Nutrition Education Program

The Expanded Food and Nutrition Education Program (EFNEP) is a federally funded program that started in 1968-69 by the United States Department of Agriculture (USDA) to address hunger and malnutrition in low-income audiences in the United States (NIFA, 2009). EFNEP is administered through the Cooperative Extension Service. The initial focus of the program was energy inadequacy and vitamin and mineral deficiencies. The current focus addresses energy excess and the early development of chronic diseases (Welsh, 2008). EFNEP reaches two primary audiences: adults ages 19 and up, and youth ages 6-18 years (NIFA, 2009).

Participants are eligible to participate in the program and meet criteria to be considered limited-resource if their income is at or below 185% of the current poverty guideline and/or are enrolled in a public benefit program as listed on the “Adult Family Record” enrollment form (Univ Mass Ext., 2008). Other assistance programs listed on the enrollment form include Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), Food Distribution Program on Indian Reservations (FDPIR), Commodities, Head Start, Child Nutrition (school lunch/breakfast), and Temporary Assistance to Needy Families (TANF)/ADC (UNL Ext, 2008). If the individual or family is already enrolled in any of the previously listed programs, they are automatically eligible for EFNEP. EFNEP is available in all 50 states as well as

American Samoa, Guam, Micronesia, Northern Marianas, Puerto Rico, and the Virgin Islands (NIFA, 2009).

The goal of EFNEP is to assist low-income audiences in acquiring the knowledge, skills, attitudes, and changed behaviors necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being (NIFA, 2009). The participants partake in a series of lessons over a span of several months that focus on gaining nutrition knowledge and skills in food preparation, storage, safety, and sanitation. The participants learn how to make food choices to improve the nutritional quality of meals, manage food budgets, and recognize other local food assistance agencies and organizations that can provide support. The lessons are taught by EFNEP professionals or paraprofessionals. Paraprofessionals are hired based on their ability to relate to participants and life experiences, rather than knowledge about nutrition and health. However, paraprofessionals are trained in these areas to effectively teach the EFNEP lessons (NIFA, 2009 & Welsh, 2008).

The impact of EFNEP on quality of life has never been recorded or assessed; therefore, research specifically involving EFNEP and quality of life is non-existent. However, research has been conducted on EFNEP's impact on participants and paraprofessionals in other areas including disease prevention, retention of nutrition knowledge, improved dietary practices, economic benefits, and food security (Arnold & Sobal, 2000; Brink & Sobal, 1994; Burney and Haughton, 2002; Cox et al., 1996; Dollahite et al., 2003; Rajgopal et al., 2002).

Disease Prevention

According to the 2005 Dietary Guidelines for Americans, good dietary habits can promote health and reduce risk for major chronic diseases (USDHHS, 2005). Part of EFNEP education focuses on gaining nutrition-related knowledge and improving the dietary quality of meals (NIFA, 2009). One of the desired outcomes from EFNEP education is disease prevention. Various studies have been conducted to determine whether or not EFNEP has an impact on disease prevention.

A retrospective study published in 1996 analyzed the impact of a cancer intervention on diet-related cardiovascular disease risks. The participants of the study included low-income African-American and white females. EFNEP paraprofessionals taught eighteen lessons over a six month period focusing on dietary and lifestyle changes necessary for the reduction of cancer risks. Although cancer prevention was the main focus, information about cardiovascular disease risk reduction was provided at every lesson. The intervention was compared to a control group who received education only on money management. Both groups had 24-hour diet recalls taken before and after the intervention to determine intake based on 17 dietary components (Cox et al., 1996).

The study found that the experimental group showed significant dietary improvements in almost half of the dietary components analyzed. The experimental group significantly decreased its intake of total fat, saturated fat, foods from the meat group, and foods from the fats/sweets group. They increased intake of vitamin E, dietary fiber, and servings from the fruit and vegetable group; however, vegetable consumption

still did not meet recommended levels. Significant change was not reported in consumption of cholesterol, sodium, foods from the milk group, calcium-rich foods, and monounsaturated fatty acids. Note that mean pre-intervention intakes of cholesterol were not excessive. No change was reported in consumption of polyunsaturated fatty acids, foods from the bread/cereal group, and energy intake. Although the experimental group did not report significant improvements for all 17 dietary components, the group did make positive dietary changes related to decreased risk of cardiovascular disease. Total fat, saturated fat, foods from the meat group, and foods from the fats/sweets group are all dietary components that may increase risk of cardiovascular disease if consumed in excess and the experimental group decreased intake for all four components. Vitamin E, dietary fiber, and the fruit and vegetable group are all dietary components that may decrease risk of cardiovascular disease if consumed at or above recommended levels and all four components were increased after EFNEP education (Cox et al., 1996).

Retention of Nutrition Knowledge and Improved Dietary Practices

A study by Arnold and Sobal gathered data from 59 EFNEP participants in New York State. The study included both rural and urban populations. Participants were assessed at entry, graduation, and one year after completion. Assessment involved twelve questions regarding food preparation, food safety, and food budgeting, four multiple-choice nutrition knowledge questions, nutrient intake from a 24-hour diet recall, and nine open-ended questions (which were asked only in the one year follow-up meeting).

Participants significantly improved for ten of the twelve food preparation, safety, and budgeting questions from entry to graduation. There were no significant changes between graduation to follow-up, which suggests knowledge retention for a one year period. The four multiple-choice nutrition knowledge questions tested four areas: grain food group, dairy food group, iron-rich foods, and calcium-rich foods. A substantial nutrition knowledge increase occurred between entry to graduation, with slight improvement or retention at follow-up. The 24-hour dietary recall analyzed nutrient intake for fourteen parameters: total kilocalories; percentage of calories from fat, carbohydrates, and protein; and specific intake levels for calcium, iron, vitamin A, vitamin C, vitamin E, folate, saturated fat, unsaturated fat, cholesterol, and dietary fiber. The results determined that three nutrients significantly and positively changed in intake between entry and graduation: vitamin C, folate, and fiber. However, between graduation and follow-up, calcium and folate intake decreased significantly and fiber was the only nutrient to increase significantly between entry and follow-up. The nine open-ended questions probed participants for any changes in health and eating practices after graduating from EFNEP. Among the numerous information and statistics found from these questions, 86% had an increased interest in nutrition and health, 68% had reported their food choices had changed “a lot,” and 90% stated they tried to fit new foods into their diet (Arnold & Sobal, 2000).

Significant improvement was documented in 50 adult EFNEP participants in New York City in areas of nutrition knowledge, retention of information after graduation, and improved food behaviors. The study was identical to the previous study conducted by

Arnold & Sobal, also conducted in New York. Participants were assessed at entry, graduation, and a one year follow-up meeting using the 12 questions about food safety, preparation, and budgeting, a 24-hour diet recall, four multiple-choice nutrition knowledge questions, and an open-ended questionnaire. The results showed 10 of the 12 food behavior questions significantly improved between entry and graduation, and improvements were maintained at follow-up. The 24-hour diet recall analysis showed amount and percentage of calories and fat significantly decreased between entry and graduation. However, mean protein, calcium, and vitamin A intakes decreased between graduation and follow-up. The percentage of participants who answered the four multiple-choice nutrition knowledge questions correctly increased from entry to graduation, and additional increases were recorded between graduation and follow-up (Brink & Sobal et al. 1994).

Economic Benefits

EFNEP shows significant benefits to its participants, but also has positive economic benefits. A retrospective study was conducted for the adult Virginia EFNEP program in 1996 to determine cost-benefit analysis related to chronic disease prevention. The chronic diseases/conditions addressed in the study were categorized into three types: type A if the disease/condition was immediately life threatening, more difficult to prevent, and assumed to be unavoidable but onset could be delayed for an average of 5 years; type B included non-life threatening diseases that could be avoided through

implementation of diet/food-related practices; and type C only included low birth weight for infants.

The direct tangible benefits are defined as "...costs avoided due to program results, such as direct economic cost of disease avoided or delayed as a result of positive changes made by participants." The total cost of treatment for type A diseases/conditions for 5 years, type B for the remainder of life, and type C through one year of life were used to determine the direct tangible benefits of avoiding or delaying onset. The total direct tangible benefit equaled \$17,880,626 per year. The indirect tangible benefits are defined as "...monetary benefits accruing to society due to increased productivity of workers who have improved health, longer lifespan, and a reduction in lost work time." The total indirect tangible benefits equaled \$343,354 per year. The direct tangible cost for implementing Virginia Adult EFNEP for 1996 was based on salaries, fringe benefits, office space, etc... and equaled \$1,713,081 per year. Incorporating the total direct/indirect benefits and total cost yielded a benefit/cost ratio of \$10.64/\$1.00. This ratio indicates that for every dollar spent to implement EFNEP, ten dollars are saved in future health care costs. Depending on disease/condition and lack of certain disease incidence data, the benefit/cost ratios ranged from \$2.66/\$1.00 to \$17.04/\$1.00 (Rajgopal et al. 2002).

A cost-benefit analysis was conducted in 2002 by Burney and Haughton to determine if savings in food expenditures by adult EFNEP women participants in Tennessee exceeded program implementation costs. The total cost of implementing

EFNEP in Tennessee in 1997-1998 was \$1,513,848. During this time, 3,899 families graduated from EFNEP. The mean cost per EFNEP participant in 1997-1998 was \$388. Graduate participants reported saving \$124-\$234 per year on food for their family. Benefits for EFNEP participants were projected to last 5 years, which resulted in a net present value (NPV) of \$147-\$696. The savings in food expenditures was determined by food receipts or participant diet recalls (Burney & Haughton, 2002).

Food Security

In 1990 the American Institute of Nutrition developed a conceptual definition for food insecurity: “Limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways” (Greer & Poling, 2001). EFNEP addresses the limited or uncertain ability to acquire acceptable foods. Low-income families are in danger of food insecurity and are highly susceptible to the health consequences that are linked to food insecurity (Greer & Poling, 2001). According to Dollahite, Olson, and Scott-Pierce in a 2008 research-to-action brief of their 2003 study, “One of the primary objectives of EFNEP is to promote food security by helping participants identify and develop strategies to manage their food budgets and related resources, such as food stamps, to meet the family’s needs.” (Dollahite et. al., 2008).

A study conducted from 1999-2001 assessed food security status in a multiethnic, low-income population in New York State. Food security was compared between 15,846 EFNEP participants who graduated from the program and 300 who terminated

participation before graduation. Food security was determined based on comparison of a pretest and posttest which involved completing a “Behavior Checklist”. This checklist included the question “How often do you run out of food before the end of the month?” Participants could respond based on a scale of 1 to 5, 5 representing almost always. The study found that a significant decrease in food insecurity was reported for both EFNEP graduates and participants who did not complete the program; however, food insecurity decreased significantly more in EFNEP graduates (Dollahite et al. 2003).

Food insecurity was studied in 25 EFNEP programs in Tennessee using a household food security questionnaire. The study compared an intervention group who had completed two or more EFNEP lessons, and a control group who were either not enrolled but eligible or had completed one EFNEP lesson. The questionnaire was administered to both groups. Responses were used to determine a food security score, ranging from 0.0 to 9.3, with 9.3 being the most insecure response. The food security score classifies the participant’s household as food secure, food insecure without hunger, food insecure with moderate hunger, or food insecure with severe hunger. The results found a significant difference between the two groups based on the food security score. The intervention group had a lower food security score when compared to the non-intervention group, suggesting that participants not enrolled in EFNEP or who complete only one lesson were more likely to have food insecurity (Greer & Poling, 2001).

Quality of Life

Quality of life is a phrase used to describe many aspects of life and its enjoyment or lack thereof. There are numerous definitions in today's literature. The United Nations defines quality of life as "the notion of human welfare (well-being) measured by social indicators rather than by 'quantitative' measures of income and production." (Sloan Network, 2009). The American Society of Gastrointestinal Endoscopy defines it as "the perception of ability to meet daily needs, physical activities, and well-being." (ASGE, 2010). Business-dictionary.com provides a lengthy definition that reads, "Daily living enhanced by wholesome food and clean air and water, enjoyment of unfettered open spaces and bodies of water, conservation of wildlife and natural resources, security from crime, and protection from radiation and toxic substances. It may also be used as a measure of the energy and power a person is endowed with, that enables him or her to enjoy life and prevail over life's challenges irrespective of the handicaps he or she may have." (BusinessDictionary.com, 2010). Wordnet.com produced by Princeton University describes it as "your personal satisfaction (or dissatisfaction) with the cultural or intellectual conditions under which you live." (Trustees of Princeton University, 2010). The various descriptions show that quality of life lacks a precise and consistent definition.

For the purpose of this research project, quality of life will be defined as the degree of satisfaction or dissatisfaction with personal, social, economic, and environmental expectations beyond basic human needs. As stated in the introduction, the

purpose of this study is to develop an understanding of how adult participants describe quality of life. There are several quality of life profiles, models, and indices currently being utilized to monitor or evaluate quality of life constructs. Although these tools were not used to analyze the data collected in this study, it is important to know the basic information provided in each and have an understanding of the foundation for each tools' development.

University of Toronto's Quality of Life Profile

The University of Toronto's Quality of Life Profile (QOLP) was developed at the University's Centre for Health Promotion. The QOLP was developed to encompass the components as well as the determinants of health and well-being. The QOLP defines quality of life as "the degree to which a person enjoys the important possibilities of his or her life." The conceptual framework focuses on three domains: being, belonging, and becoming. Each domain has three subdomains. The "being" domain focuses on who one is, "belonging" addresses the connection with one's environment, and "becoming" focuses on achieving personal goals, hopes, and aspirations. Each domain also determines overall being, belonging, and becoming as well as overall quality of life based on all three domains (CHP, n.d.).

Quality of Life Model from the Centre for Health Promotion

Being

Physical Being

Who one is

- Personal health
- Personal hygiene
- Nutrition
- Exercise
- Grooming and Clothing
- General physical appearance
- Psychological health and adjustment
- Cognitions
- Feelings
- Self-esteem, self-concept, and self-control
- Personal values
- Personal standard of conduct
- Spiritual beliefs

Psychological Being

Spiritual Being

Belonging

Physical Belonging

Connection with one's environment

- Home
- Workplace
- School
- Neighborhood, community
- Family
- Friends
- Co-workers
- Neighborhood, community
- Adequate Income
- Health and social services
- Employment
- Educational programs
- Recreational programs
- Community events and activities

Social Belonging

Community Belonging

Becoming

Practical Becoming

Achieving personal goals, hopes, and aspirations

- Domestic activities
- Paid work
- School or volunteer activities
- Meeting health and social needs
- Activities that promote recreation & stress reduction
- Activities that promote improvement of knowledge and skills
- Adapting to change

Leisure Becoming

Growth Becoming

(Fertman & Allensworth, 2010)

Quality of Life Index

The Quality of Life Index was developed by the Ontario Social Development Council working in partnership with other networks and coalitions in Canada. This quality of life assessment tool defines quality of life as, “The product of the interplay among social, health, economic, and environmental conditions which affect human and social development.” The four indicators for the index are listed in the definition: social, health, economic, and environmental conditions. The following indicators are included in the Quality of Life Index and include topics relevant to each indicator:

SOCIAL: Children in care of Children’s Aid Societies; social assistance recipients; public housing waiting lists.

HEALTH: Low birth weight babies; elderly waiting for placement in long term care facilities; suicide rates.

ECONOMIC: Number of people unemployed; number of people working; bankruptcies.

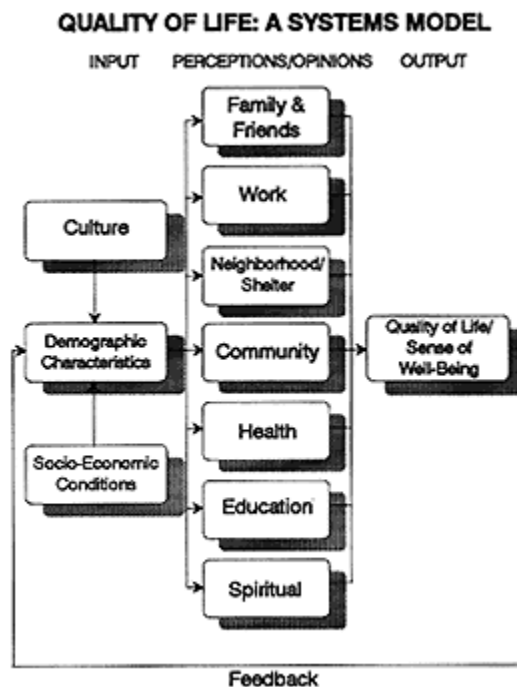
ENVIRONMENTAL: Hours of poor air quality; environmental spills.

The Ontario Social Development Council states, “It [Quality of Life Index] is intended to monitor conditions which affect the living and working conditions of people and focus community action on ways to improve health.” (Shookner, 1998).

Quality of Life: A Systems Model

The Quality of Life: A Systems Model was developed by the University of Oklahoma School of Social Work (Figure 1). There is very limited information available on this model, however Quality of Life: A Systems Model developed its foundation based on the position that there are different domains of living. The domains include family and friends, work, neighborhood/shelter, community, health, education, and spiritual. The domains of living are affected by inputs such as culture, demographics/characteristics, and socio-economic conditions. Our perceptions and opinions of the various domains contribute to a person's overall assessment of quality of life/sense of well being, which becomes the output in the systems model. Our perception or assessment of quality of life then provides feedback to the inputs (UEM, n.d.).

Figure 1: Quality of Life: A Systems Model



Human Development Index

The Human Development Index (HDI) is published by the United Nations Development Program (UNDP) for various countries around the world. The HDI is one of four Human Development Indices created by the Human Development Report. The other indices focus on gender and poverty. The HDI measures three basic components of human development: health determined by life expectancy at birth, knowledge determined by educational achievement, and wealth determined by standard of living. Goalposts, which are a minimum and maximum HDI, are set for each component. A specific country's HDI shows its rating in correlation to the goalposts, which are rated on a scale from 0 to 1. A maximum HDI is 1.0 and is the desirable score for a country. The scores from each component are averaged to create an overall score or index. This single statistic provides a reference for a country's social and economic development. The goal of the HDI is to focus attention on human outcomes rather than economic statistics. The website for Human Development Reports states, "The HDI was created to re-emphasize that people and their capabilities should be the ultimate criteria for assessing the development of a country, not economic growth." Country-specific HDI's allow comparison between countries and reveal country-specific problems and priorities (GDRC, n.d. & UNDP, 2009).

The various models and indices listed above are necessary to show the numerous variations of how quality of life can be measured and evaluated. The definition and its implications can be molded to fit the subject matter or area of concern. The information

reported from this research will provide a greater understanding of how participants describe quality of life in relation to their experiences with EFNEP.

Chapter III

METHODS

The qualitative tradition of inquiry used for this study is the phenomenology approach which will be used to analyze success stories submitted by participants and paraprofessionals describing the participants' experiences with EFNEP. A phenomenological study describes the meaning for several individuals of their lived experiences of a concept or a phenomenon (Creswell, 2007). The central phenomenon for this study is quality of life.

Subjects

The success stories were written by EFNEP paraprofessionals, also referred to as instructors, and EFNEP participants. The purpose statement targets adult participants; therefore, only success stories from or about individuals over the age of 19 were included in the analysis. The EFNEP paraprofessionals are staff members who teach the EFNEP educational lessons to participants in group settings as well as in one-on-one situations such as home visits.

Data Collection

There were eight states that participated in a pilot quantitative study that addressed quality of life and EFNEP: Arizona, Colorado, Georgia, Kansas, Missouri, Nebraska, Texas, and Virginia. The original plan was for the same eight states to be involved in this study. All the states were contacted via email requesting success stories

in word document format from the years 2004-2010. Unfortunately, not all states submitted success stories for analysis and other states were contacted to maintain expected sample size. The nine states included in this study are Arizona, Colorado, Kansas, Maine, Nebraska, Nevada, Texas, Utah, and Virginia. Therefore, this study does not include Georgia or Missouri from the quantitative pilot study, but does incorporate success stories from Maine, Nevada, and Utah. By analyzing success stories from nine states, the study utilized maximum-variation sampling. Stories produced from numerous EFNEP sites, states, participants, and paraprofessionals increases the likelihood that findings will reflect important variations in participant perspectives.

The stories were collected from December 2009 to September 2010. The success stories are short descriptions of the participants' experiences with EFNEP. The length of the stories ranged from two to three word phrases to lengthy paragraphs. Each year EFNEP paraprofessionals are required to write success stories and submit them to their state program for compilation and inclusion in the states EFNEP Year End Report. EFNEP state coordinators were contacted for the purpose of this research to send all success stories written between the years 2004 to 2010. Participant stories were also submitted by the states, as participants are always encouraged to write and submit stories about their experience with EFNEP.

A total of 1,057 success stories were analyzed for this study. There were more success stories submitted, but were excluded if they did not fit the purpose statement of the study. For example, some stories were disqualified if written about child or youth

programs. Of the success stories that were analyzed, 14 came from Arizona, 20 from Colorado, 8 from Kansas, 5 from Maine, 892 from Nebraska, 6 from Nevada, 79 from Texas, 22 from Utah, and 11 from Virginia.

Data Analysis

Upon submission, each success story was carefully reviewed by the researcher. Any information that could connect the story back to the participant, paraprofessional, or state was omitted to preserve anonymity. The final 1,057 success stories that were analyzed for this research are in Appendix A-1. Anything in square brackets [] was added by the researcher to omit participant or instructor names, EFNEP sites, states, etc... Anything in parenthesis () was in the original stories. Anything in curved brackets { } was added by the researcher to help explain the content of the story. For example, some stories appeared to be participant responses to questions most likely asked during the exit interview and survey process. To save space, the researcher omitted the questions and added a few words in curved brackets to help make sense of the sentence or phrase. The stories were not altered in any way that would affect the analysis. If there were spelling or grammatical errors they were not changed. The stories quoted in the results section are the exact wording in which they were submitted.

The study required qualitative analysis of the EFNEP success stories. The software program ATLAS.ti version 5.2 was used to help organize and analyze the data (ATLAS.ti, 2010). The stories were analyzed by highlighting words, phrases, and/or sentences from the stories and creating a short one to three word code that would best

describe that information. This newly developed code could be used for the next highlighted section or a new code could be created. After all of the stories were analyzed, the codes were grouped into seven major themes.

The final themes and supporting codes were presented at an EFNEP North Central (NC): 1169 Work Group Conference in October 2010. The conference attendants provided suggestions and feedback of the results and conclusions of this research. The feedback on the seven themes was supportive and positive. The group was pleased with how the themes progressed from one to seven by continually building on the previous theme to help explain the connection between each concept. A suggestion was made to add the word “economic” to the definition of quality of life. The original definition was the degree of satisfaction or dissatisfaction with personal, social, and environmental expectations beyond basic human needs. Final recommendations included publishing the research and discussing in the publication how the results compare to other quality of life profiles/models and how the results compare to EFNEP program objectives. The results were presented to this group for the purpose of validation. There are various ways to validate qualitative research and this study utilized the EFNEP conference for consensual validation, defined as the expert opinion of others. Eisner defines consensual validation as, “an agreement among competent others that the description, interpretation, and evaluation and thematics of an educational situation are right.” (Eisner, 1991).

The themes that are identified in this research will build on other studies previously and currently being conducted that focus on quality of life. NC1169: Work

Group Three is responsible for coordinating this research project with other projects involving qualitative interviews, focus groups, and the pilot quantitative study referenced previously that was carried out at Colorado State. NC1169: Work Group Three is a group of EFNEP professionals involved in carrying out EFNEP research specifically focused on quality of life. NC1169: Work Group Three was created in a nation-wide effort to re-evaluate EFNEP's current nutritional assessment tools and determination of its impact on quality of life. There were three major objectives developed by EFNEP to address this issue. This research study will address the third objective that states, "To determine which quality of life constructs are affected by EFNEP for both participants and paraprofessionals."

The pilot quantitative research study was conducted at Colorado State in 2008 using a quality of life survey entitled "University of Toronto's Quality of Life Profile." This research study was originally going to use the same states as this pilot study. The quantitative study determined that there were improvements in quality of life from EFNEP entry to exit in three main areas: all being subdomains, social belonging, and overall quality of life. Qualitative phone interviews are currently being conducted with EFNEP professionals, paraprofessionals, community partners and former EFNEP participants whose quality of life has improved significantly after participation in the EFNEP program. Focus group interviews will be conducted via teleconference. The focus groups provide representation from EFNEPs three main ethnic groups: Hispanics, non-Hispanic Whites, and African Americans.

The overall goal for EFNEP NC1169: Work Group Three is to compare qualitative data from this research to qualitative data produced in the interview and focus groups and quantitative data found in the Colorado State pilot study. The data and results will be combined to provide a better understanding of EFNEP's impact on quality of life and to develop a concise and effective nation-wide quality of life survey. Therefore, the second objective of this research is to analyze the themes produced from the success stories and establish five questions that could be validated as a way for EFNEP to start documenting its effect on participant quality of life.

Chapter IV

RESULTS

Qualitative analysis of the success stories was performed to develop an understanding of how adult participants describe quality of life during or after participation in EFNEP. Analysis produced codes which were then organized into seven major themes. The themes and supporting codes are available in a table format in Appendix A-2. The number of times a code is used does not directly correlate to its importance to the purpose of the study. Codes that occur very few times can be the most important in relation to the overall meaning. The seven themes include: increased knowledge, improved overall health, enjoyment and desire to learn, support and confidence, impact on family, new perspective on health, and positive change.

Increased Knowledge: The first theme is increased knowledge. Learning new information was a concept reported in almost every success story. A select number of stories simply stated that the participant had learned “a lot” while others reported specific examples of concepts or nutrition facts learned through participation. The main codes used to support this theme include food resource management, importance of healthy eating, cooking, food safety, and the importance of exercise.

Food Resource Management

Food resource management was a common concept based on the knowledge to manage a budget, plan meals, make smarter decisions when grocery shopping, eat out

less, waste less food, utilize community resources, extend financial resources, and save money. The participants reported learning how to manage a budget. A few participants simply stated, “I learned to economize my budget on groceries,” “I learned how to manage my budget,” and “I learned how to budget and be conservative with money.” A story written by an EFNEP instructor describes one participant’s eye-opening experience when she learned how to manage her budget. The story stated, “One of my participants was amazed at how much money she was actually spending on food every month. She had never kept track before, but she started saving receipts and writing all food expenses down as a class activity. She found out that a majority of her spending was on all of those “side trips” to the supermarket during the week. She set a goal of cutting down on the amount of time she stops off at the store, and to continue keeping track of her food expenses.” Another participant reported, “I never wrote down where money goes and it went. Now I write it on paper and I know where it goes.” Some of the participants stated that prior to the EFNEP classes they had never budgeted before. Participants learned the initial concept of keeping track of money and knowing where it is used each month. Others advanced to learning to effectively manage their budget.

Participants reported learning about planning meals in advance to save both money and time. Participants discussed learning to start planning meals for the next week by using foods on hand, then making a grocery list for the remaining items, and sticking to the list when at the grocery store. One of the participants stated, “Before I go shopping, I check the cupboards to see what I have on hand.” Another reported, “I have also learned how to use the food I have in my pantry to make great meals for less.” An

instructor described a participant who commented that she used to think meal planning and shopping lists were too time consuming to use, but now understands how it would save her time in the grocery store. A participant reported that she always knows what she will be cooking now because of planning weekly menus from the grocery sale ads. Another stated, "Great class! I can't believe I now plan meals and make food from scratch." Two instructors had participants demonstrate their increased knowledge and understanding as one participant created her own meal planning and shopping lists and another had posted on her refrigerator a weekly menu plan which she made herself as a result of the meal planning lesson. Another staff member reported, "One female stated that she has started using a grocery list. She indicated that it was hard getting started, but she is now more organized, her meals are more nutritious, and she spends less time in the store."

Participants learned to be smart shoppers when at the grocery store by comparing prices, clipping coupons and watching sale ads, buying store brand versus name brand products, not going grocery shopping when hungry, and learning to read the nutrition fact labels. The participants found that being a "smart shopper" helped to cut down on food costs. One participant reported, "When I shopped I did not look at ounces or the quantity of many of the food items. Now I catch myself comparing prices even though my husband is rushing me to hurry up and pick something out. I take my time and compare the items before making my decision." Another participant stated, "I'm saving money at the store by checking the price per ounce, to make sure I'm getting the best value." One individual reported, "I shop by looking at the prices. You don't need to get the most

expensive.” To find good deals and more nutritious food, individuals wrote, “Now I look on the top and bottom shelves at the grocery store for better bargains,” and “I’ve started shopping the perimeter of the store and I find that I end up with less junk food and more of what I need.” One individual reported \$60-65 savings from buying off-brand products and another participant said, “I make sure not to go there hungry anymore.” The following statements are from participants who learned to read nutrition fact labels and utilize them when grocery shopping to make the healthiest choices. “I now check labels and understand what they are for and how to use the information for my diet.” “From now on, I will read labels.” “The thing I really liked and learned with this class is the nutrition labels. I always look at those now before I buy any food.” “Now I read the fats, calories, salt, and the ingredient list on a label to make sure I’m getting what I think I’m getting. Lots of drink I had been buying were nothing but pop. I will be buying less Sunny D, Bug Juice, and that kind of stuff for my kids.” Instructors commented on their participants using the nutrition fact labels and how it changed their way of purchasing food. One instructor stated, “By learning to read the ingredients on the foods she eats, now she knows what kind of food she is eating.” Another explained an experience she had with a female client when they went to the grocery store together to purchase foods on the clients shopping list. The instructor wrote, “This gave me the opportunity to have her read and study many food labels. She was very surprised at the level of saturated fats, sugar, and sodium found in the food items that she usually purchased. After reading the labels, she selected different food items to buy.”

Participants also increased their knowledge on food resource management by learning to eat out at restaurants and fast food places less often, waste less food, and utilize community resources. One participant said she noticed a difference in her family's food budget since they were not eating out as much and another participant said she is "cooking real meals instead of eating out." A participant made the statement, "We saved a lot on groceries by just taking our lunches, and the educator was right that the cost of proper lunch carriers and meals was much less than lunches out." An individual found that by buying plastic baggies she could freeze fruits and use them later so she doesn't have to go to the store and waste money. Participants also learned how to utilize various community resources like the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), the Supplemental Nutrition Assistance Program – Education (SNAP-Ed formerly known as Food Stamps), and local food banks to save money. One participant wrote, "We are trying to cut down the amount of red meat and substitute it with beans that we get from WIC." One of the instructors described a woman who wanted to know more ways to prepare eggs so that she would not be wasting the eggs that were in her WIC package. Another instructor wrote this about one of her participants, "They have learned to use the food bank to purchase food for less money, which has resulted in them being able to get more food and spend less money."

By applying all of the information learned about food resource management, participants saved money every month and were able to extend their financial resources. Participants reported that they were able to extend their money and food to last the entire month. One participant wrote, "My food stamps last all month and nobody is hungry."

An instructor reported on a participant who found she no longer runs out of food.

Another instructor stated, “A student with a family of several children reports that she has not run out of food stamps before the end of the month since she finished the classes.”

The success stories provide numerous examples including how much money various individuals and their families saved and the techniques they utilized to get those savings.

Some stories did not report specific amounts saved. For example, an instructor wrote about a participant who was now shopping with a grocery list and it cut her grocery bill considerably. A participant reported, “Don’t know how much I saved – good amount.”

Another individual wrote, “We stopped buying junk food and we have found that has helped us save money on our grocery bill.” The reported savings ranged from \$5-10 per week to \$300 per month. An instructor reported the savings of one father with whom she worked. The story stated, “This is saving him over \$80 per month and he will have put

aside close to \$1,000 by Christmas time.” Another proud participant reported, “My husband and I are down to a more reasonable \$500.00 a month for groceries compared to the \$987.00 we spent the first month that we saved receipts.”

One individual wrote this in response to if she had saved money, “TONS! Over \$150 in savings by planning menus, cooking more at home and eating out less.”

Finally, one of the participants gave a good summary of the many ways the program helped her save money, “After taking the CNP classes I am saving \$50.00-\$60.00 each month on groceries. I am able to do this by

comparing prices and only buying what I need. I accomplish this by making a weekly menu with the food that I have in the house and buy the rest from the sale ads and then write a shopping list from the foods I don’t have, and buy only what is on it.”

Importance of Healthy Eating

The success stories reported several ways in which participants learned the importance of healthy eating, the second major concept to support the theme of increased knowledge. Stories described learning about the food groups, understanding nutrient needs, eating a variety of foods, eating correct portion sizes, and other general nutrition information. Participants learned about the importance of consuming foods from each food group and understanding nutrient needs. Several stories simply stated that participants learned the benefits of consuming foods from each food group. An instructor described a client who started to record everything she was eating during the last 24 hours to check if she or her family were lacking any nutrients. This participant learned enough about the importance of nutrients to track the family's food intake. Another participant wrote, "The most important thing I learned was that everyone's caloric intake is different depending on their lifestyles and physical activity. Because we are not all built the same and not all physically active to the same degree our caloric needs are different. Before these classes I thought of the food groups as just that but now I know we must have so much from each group in our daily foods we eat in order to reach a healthy eating goal." Calories are an important nutrient as it indicates the energy supplied by the food product. Participants learned to understand and track calories. One participant said she was happy to understand calories, how they work in the body, and knowing how to keep track of them. Another individual showed a significant increase in knowledge about nutrient needs and food groups when she stated, "In my duration in this class, we have gone over the five main food groups, grains, vegetable, fruits, milk, and

meat and beans. It turns out that I am supposed to only eat two slices of bread each meal. She {instructor} also explained the necessity of eating dark green and orange veggies, and lentils. I have learned that canned fruit in water is better for you than syrup. Milk plays a huge part in my everyday life. Meat and beans are by far my favorite!” There were a number of stories discussing the importance and benefits of the fruit, vegetable, and dairy food groups. Stories stated learning how important eating fruits and vegetables are for our health because of the nutrients they contain. Some simply stated, “I learned healthier ways to cook and the benefits of eating fruits and veggies,” or “prevent disease with veggies.” Others learned more specific ways fruits and vegetables benefit our bodies. An instructor described a client who was surprised to learn that for more beta carotene, it is best to choose darker colored fresh vegetables. One participant reported, “I learned how much vitamin A and vitamin C fruits and vegetables contain.” Stories also discussed learning the benefits of foods from the milk or dairy food group. A participant showed an increase in knowledge by stating, “Now I try to drink a glass every day because it helps prevent osteoporosis and it makes your bones and teeth strong.” Another learned that osteoporosis can be preventable by drinking milk. One woman stated, “My husband and I do not drink lots of milk. Since taking the classes I add dry milk to my dry ingredients to increase our calcium intake.” One instructor had a successful encounter with a participant who was not drinking milk and did not realize the significance of including dairy in the diet every day. The instructor wrote, “One of my clients at WIC this month selected to learn more about the Dairy Group. When I was explaining the importance of getting three cups of milk a day or eating low calorie, low fat alternatives,

her eyes kept getting wider and wider. She shared with me that she had stopped drinking milk a long time ago. She ate a little cheese but not often. She did make sure her children got the amount of milk that they needed but she had not considered the role that dairy products could make in her future years. She was amazed at what she had learned. She said she was now going to make sure she got her three cups of milk a day as well.”

Participants learned about the necessity of consuming all of the food groups in order to get in the necessary daily nutrients. Additional comments were made about consuming a variety from the food groups and correct portion sizes. Stories included simple statements of now understanding that variety is important and the need to get more variety. One story stated, “I learned that it’s very important to have a variety of vegetables in our meals”. Another participant wrote, “Through the EFNEP classes I learned the importance of ...eating a variety of fruits and vegetables.” An instructor reported a comment made by a participant showing her improved understanding of the need for both variety and moderation. The story states, “After going through the series of lessons, she said it just made perfect sense to eat a variety of food in moderation.”

Moderation falls under the code of learning correct portion sizes. Participants reported learning what counts as a serving, how much is needed each day, and the importance of minimized or smaller portions. An instructor wrote about a couple she worked with who were struggling to implement healthy habits in their family. The couple had attended a few classes and especially liked the Food Group Pyramid lesson. She found that this couple gained knowledge in several areas including understanding serving sizes and portion control. The program director at this EFNEP site told the instructor she could tell

the classes were making a difference when she saw the couple checking the serving size amounts on food products brought into the site. The couple was checking the serving sizes ahead of time to know how much to serve at meals. Another participant showed her increased knowledge about portion sizes with the statement, “I was extremely surprised to learn the proper portion sizes were much less than what I eat normally. It’s not that the nutrition was out of balance just the portions sizes.” Another story from a participant said that without the help of her instructor, she would not know about daily percentages and portions. A similar story from a participant reported, “Attending classes the past six weeks has made me more aware of appropriate serving sizes that I should be eating. I realize that I am serving myself and my family larger portions of food. I need to cut down on the amounts of food that I consume as well as the amounts of food that I serve my family.” One individual discussed how props, or the food models, that the instructor brought in helped her to get a better idea of how she could eat properly with the right portions. Participants reported learning other general nutrition information. The following are examples from the success stories: food effects our body and mind, the sugar content of pop, the benefits of eating iron-rich foods with foods high in vitamin C, the fact that skim milk, low-fat milk, and whole milk contain the same amount of calcium, vitamin A, and vitamin D, the fat content of whole milk versus low-fat milk, and the difference between refined and whole grains.

Cooking

The third concept that demonstrated increased knowledge is cooking. Participants reported learning how to cook, improving cooking skills, learning and trying new recipes, learning to cook more often, and how to cook in a healthier way. Learning how to cook was especially important for some participants who had never tried to cook. An instructor had a former student approach her and was very excited to tell her what she had learned from the class. The instructor wrote, “She said what they used to do was go without because the only food they normally ate was fast food and frozen dinners, but now she knows how to put a meal together with just a few ingredients.” Another instructor had a gentleman who was taught for the first time in the EFNEP classes how to use a cookbook. One participant stated, “I really didn’t much know how to cook, now I do.” Knowing the basics of how to cook was essential for some participants while others improved their cooking skills during the program. Participants reported learning how to properly cut up vegetables, shred chicken, use kitchen utensils, and measure ingredients correctly. One instructor stated, “Some of the women had not used a recipe and were not accustomed to measuring ingredients.” Another instructor described a client who expanded her cooking capabilities from only using the microwave to starting to use the stove. Other individuals reported learning how to sauté, use and prepare new types of vegetables, make bread, cinnamon rolls, and homemade hot pockets. One participant wrote, “I have more variety with what I can cook.” The classes gave participants more experience with cooking and they also learned and tried new recipes. An instructor prepared the skillet lasagna recipe from an EFNEP cookbook in one of her classes and

asked her participants at the next class how many had tried it at home. Four people raised their hands. Another instructor had a student bring samples from the foods he had tried from his cookbook for the instructor to taste. One participant reported, “I tried the pancakes! The first ones were kinda burned so I turned the skillet down and the rest were fine. I also made banana bread and it turned out really well. I took some to my mom and she said it was better than hers.” A student wrote that the best part of the EFNEP classes was trying out new recipes. An individual commented, “I learned to make Master Mix, Master Meat Sauce, and Magic Mix from the CNP cookbook. It is easier and cheaper to cook good food for my family.” A participant who is a mother and homemaker stated, “...due to this program I am willing to make things from scratch and try new recipes.” By learning how to cook, improving their cooking skills, and learning new recipes, participants are encouraged to increase the number of meals they eat at home by cooking more often. Participants stated that they started to cook more since partaking in the EFNEP program. One participant wrote, “I started cooking (previously I was eating out every meal) and I LOVE IT!” Some people reported cooking every day since the program. Another important concept described throughout the stories was not only cooking more, but cooking healthier. Participants described that they learned to cook by baking, steaming, grilling, and broiling rather than deep fat frying, cooking with oils versus butter, bacon grease, or lard, draining off fat from browned meat, adding more vegetables to foods, using healthier food alternatives like yogurt in place of sour cream, using whole wheat flour, making meals from scratch, and utilizing the recipes from the lessons and the cookbook. One of the stories is a great example of how learning to cook

can have a positive effect on the participants. An instructor wrote, “[PN] reported she knew little about cooking and was having a difficult time having enough food for the month... She learned some basic cooking skills and with the cookbook she was really enjoying cooking.”

Food Safety

Food safety was the next major topic that participants described when explaining what they learned from the program. There are many areas of food safety that were described in the stories including learning that perishable foods should be put back in the refrigerator within two hours of being out, or some people described it as learning the “2 hour rule”. One participant stated the age old adage for food safety, “In doubt, throw it out.” Participants reported that they learned about the “danger zone”, using a meat thermometer correctly, and having the refrigerator set at the correct temperature. One individual reported, “(I) make sure all the food is fully cooked.” Participants also learned to grocery shop starting with dry products and ending with cold products, learning to check and follow expiration dates, washing cans before opening them, using sharp knives in food preparation, washing fruits and vegetables, and proper storage methods. One instructor wrote about a participant who was shocked to learn the correct length of storing meat. The story stated, “She was surprised to find out that food can stay in the freezer and still be safe. She had been throwing meat out due to the amount of time that the meat was in the freezer.” A few participants reported learning the importance of food safety is to prevent food poisoning, predominantly salmonella. All of this information was listed

in various success stories; however, the main food safety issues described in the stories included learning about the importance of sanitation, cross contamination, and proper thawing techniques for raw meat and frozen foods.

Participants reported learning about sanitation including keeping kitchen and cooking surfaces clean, how to make homemade sanitizing solution, and the importance of hand washing. One participant reported, “I am cleaning the cooking surfaces more often.” Another stated, “I am more careful about...and making sure the area is clean when I start cooking and cleaning good afterward.” Participants stated that they are washing their hands more often because of the lessons. An instructor talked about the progress for one particular participant after she learned about the importance of sanitation. The story stated, “One of my clients has made a lot of progress. Food safety has been a real problem for her. The refrigerator is now clean inside and out. The kitchen counters are clean. There are no dirty dishes left in the sink. The clutter, empty pizza boxes, bugs, and papers are disappearing.”

Cross contamination was one of the food safety topics described in several stories. Participants learned to cut vegetables before meat or to use two different cutting boards, to wash the knives in between when cutting up foods from different food groups, and to keep foods such as raw meat separate from fresh fruits and vegetables in the grocery cart. One participant stated, “I never realized how important it is to keep foods separate and to use different cutting boards for meat and vegetables.” Another decided to get multiple

cutting boards to prevent cross contamination, “I now have a meat cutting board, bread cutting board, and a vegetable cutting board”.

A final and very important component discussed by participants was learning proper thawing techniques. Several participants reported that they quit thawing meat on the counter. An individual stated, “Now I thaw food in the refrigerator and microwave instead of on the counter.” Another participant reported, “After learning about the danger of not handling food properly, I no longer defrost my meat on the counter. When I might forget to take meat out for dinner I would set it outside in the sun to defrost faster and I will no longer do that because I learned how fast bacteria can grow and I don’t want to make my family sick.” An instructor had a participant who used to put frozen meat in a warm oven to thaw throughout the day. When she returned home she removed the meat from the oven and cooked it. The participant told the instructor that one of the most important things she learned was not to thaw meat in a warm oven.

Importance of Exercise

The final code for the theme of increased knowledge is that participants learned the importance of exercise. One participant reported, “This program has really opened my eyes to the importance of an active and healthy lifestyle.” Others stated the need to exercise more, showing they learned the benefits and importance of exercise for a healthy lifestyle.

Improved Overall Health: Improved overall health is the second major theme and builds on the first theme. As a result of increased knowledge, participants were able to apply that information to make healthier decisions and improve their overall health. The major codes that make up this theme include healthier eating habits, increased physical activity, weight management, managing disease states, and more energy.

Healthier Eating Habits

The success stories describe ways participants are making changes to establish healthier eating habits. There are a wide variety of statements which fall under this code. A large number of stories include reports of participants simply declaring that they are eating better or eating healthier since taking the EFNEP classes. Others reported specific examples of healthier eating habits including eating more balanced meals, eating breakfast daily, reducing portion sizes, monitoring intake, and the majority of statements involve eating more or less of certain foods to improve health.

An important part of healthier eating habits is having well-balanced meals. One woman reported that she is trying to make a balanced meal every day for her family and another participant wrote that they believe their health is better because of eating items from each food group everyday and getting the right servings of the food. An instructor submitted a success story that shows how a client made changes to eat more balanced meals. The story stated, “A client who recently graduated from the Nutrition Education Program shared one of the changes she has made. She stated she feels her biggest accomplishment is increased variety in her meals. She shared that it is nice to now have

something other than just the entree at a meal. For example, she said instead of just having brats, she served a salad and milk with the entree. Instead of eating just 2 bowls of chili, have 1 bowl and then additional foods from other food groups. This past spring, she participated in nutrition classes offered to Head Start parents. During the second session, I taught concepts of meal planning. The participants had to write out at least 3 meal ideas that included foods from 3-5 food groups. The changes she has made demonstrates that she understands the concept of having 3-5 food groups at a meal.”

Participants also implemented healthier eating habits by starting to eat breakfast daily. An instructor had success with four of her clients in promoting breakfast on a daily basis. The instructor wrote, “When starting home visit clients this month, 3 out of 4 clients did not eat breakfast on a regular basis. Upon graduation, all clients reported they started eating breakfast.” Another instructor had success with a nursing mother who was not eating breakfast. Through the course of their classes, the instructor worked on providing breakfast suggestions and ways to make time in the morning to eat. The follow-up survey with this mother showed that she did find ways to make breakfast part of her regular routine. Another aspect of healthier eating habits described in the success stories was reduced portions sizes. Several participants wrote that they are watching or monitoring their portion sizes in order to eat smaller, more correct portions. One of the participants stated, “We purchased salad plates to use as our main dinner plates. We are eating more correct portion sizes.” An instructor wrote about a participant who previously didn’t realize how much she was overeating and overfeeding her kids and that she was working on smaller portion sizes with her and her family. Participants have

learned that reducing portion sizes will help them to not overeat. Another tactic to prevent overeating that participants have utilized as a part of healthier eating is monitoring intake. Participants reported watching what they eat and making better choices. One participant wrote, “I’ve looked closer at what I eat and I watch what I eat so I can be healthier.”

As stated previously, a majority of the stories that fall into the category of healthier eating involve eating more or less of certain foods. Participants report drinking more milk and water, and eating more fruits, vegetables, whole grains, fish, and beans. The following quotes provide examples of participants incorporating more milk and water into their diets. “I am starting to drink more milk!” “I didn’t really drink milk because I didn’t like it, but now I try to drink a glass every day.” “I use a lot of ice and drink at least 4 glasses of water every day.” “I am drinking at least 5, 16 ounce, bottles of water each day.” There are numerous examples of participants who reported eating more fruits and vegetables since participating in the EFNEP classes. A participant wrote, “I’m excited about working more fruits and vegetables into each meal.” One of the instructors worked with a grandmother who was taking care of her grandchild and working to get her to eat more vegetables. Not only is her grandchild eating more vegetables, but the grandmother has increased intake of both fruits and vegetables as a result of encouraging the child to eat more. Another individual reported that the family is trying to eat a “rainbow” of fruits and vegetables. An instructor had a great success with one of her participants. This staff member wrote, “One of my clients called to ask about roasting veggies; we had it in the lesson last week. I gave her the information. She called back to

tell me I had not informed them how good the house would smell while they cooked. I received this text from her. ‘Ummmm good thing I made two trays or my hubbie wouldn’t be getting any.’ This is from a non veggie eater.” Another instructor worked with a client to increase her vegetable intake. The client made a goal to eat at least one vegetable with her supper five nights a week. The client had a sheet to record her progress and at the next visit the instructor saw she achieved her goal. Some participants also reported eating more fresh fruits and vegetables. Fewer participants reported eating more whole grains, beans, and fish, but these are still great examples of improved eating habits. Participants report switching to whole wheat bread and looking for products made with whole grains. A proud participant wrote “Remember how I didn’t like fish? I started by eating salmon and now I’ve tried three others.” One of the instructors wrote, “When I was at the WIC office one day, a lady had come up to me and told me that she loved the “I Love the Beans Cookbook” that I had given her last month. She told me she had been cooking and eating beans almost every day and thought that the recipes in the book were awesome.”

In contrast to the preceding examples, numerous stories discussed foods and nutrients participants were eating or drinking less of including less junk food, fast food, processed foods, soda and other caffeinated beverages, fat, salt, and sugar. Participants reported eating less pop, chips, candy, and sweets which many classified as “junk food”. One participant reported, “Our shopping cart now is full of fruits and vegetables; in the past it used to be full of processed and junk food.” Another individual stated, “When traveling, I now plan snacks different after taking the classes. We used to take soda,

chips and candy. Now we pack baby carrots, cheese, crackers and fruit with water and juice. We find our sweet craving is also satisfied.” A similar category to junk food is participants reported eating less fast food and less processed foods. A common statement was similar to the following, “I try not to go to fast foods, because of the fat.” One of the participants reported that her health improved from eating out less and less pre-packaged foods. Another participant stated, “I am more conscious of choices and not eating fast food as much.” An instructor had a couple who was working to make better choices so they and their children would be healthier. They had made many changes including going without Pop Tarts, donuts, and hotdogs even for the children. Many participants reported specifically drinking less pop and caffeinated products. A participant reported a major change from drinking a six pack each day to having two cans per day. A proud individual wrote, “I just graduated and since I started the program I have stopped drinking pop and those energy drinks. You know what is funny, I actually have *more* energy now that I stopped drinking them!” Some even reported quitting drinking pop all together. Participants reported consuming less fat since participating in the EFNEP classes. A participant reported, “I have changed from high fat to healthier choices.” An instructor had a client report that she would continue to cut high fat food items from the meals she prepares for her family. Some of the stories referenced cutting back on how much oil is used in food preparation. Other stories specifically described participants who reduced the fat in their diets by learning to drink milk with a lower percentage of fat. One participant stated, “We have stopped drinking whole milk and now drink skim.” An instructor taught a participant the difference in the fat content of whole, 2%, 1%, and

skim milk, but that they all have the same amount of nutrients like vitamin A, vitamin D, and calcium. The participant responded, “It is very interesting! I had never even thought about what the % meant.” The instructor continued to report that the participant is slowly transitioning from whole to at least 1% milk. Another participant described the changes she made after learning the lesson on dairy foods. She stated, “After the dairy lesson I learned that no one in my family needs the calories or fat from consuming whole milk. Our family goes through a lot of milk daily. I was shocked to see how much fat an 8 oz glass of milk has in it. Both myself and my four children drink far more than 3 cups of milk a day. I decided to make a change to skim milk. No one noticed the change except my husband and I told him no one needs all that fat and he drinks the skim also. I lost 5 pounds in one week and the only change was drinking skim instead of whole milk.” Participants also reported consuming less sodium and sugar. A participant consumed less salt by removing the salt shaker from the dinner table while others simply reported adding less salt to their meals. Participants were consuming less sugar by choosing healthier kinds of breakfast cereal and buying less juice.

Increased Physical Activity

As stated in the previous theme, exercise and nutrition go hand in hand. Participants learned the importance of healthier eating and therefore implemented healthier eating habits. In that same way, participants reported learning the importance of exercise and reported actually increasing their physical activity. Participants reported walking or swimming on a daily basis, taking advantage of the YMCA, and riding their

bicycle more often. One of the participants reported that she started walking instead of driving to do errands. Another participant reported, “Since attending the ENP classes I started an exercise program and I am starting to feel the results. I have gone from walking to “fast” walking and working in a couple of laps of running. I do feel better and have more energy. I went through a few weeks of not being able to exercise, like I had been, due to an injury. I could feel the difference. I did not have the energy I had. I will definitely continue to exercise when I graduate.” These stories demonstrate ways in which the EFNEP participant made positive changes to their physical activity level, but many also mentioned how the family has increased activity. An instructor wrote, “A lady in my class said her husband, kids, and her, started walking together after I stressed the importance of exercise.” Another instructor was working with parents in a night class who were eager to learn and make positive changes in their life. The family started taking family walks together instead of watching television. One of the participants reported that her family purchased foam balls, stretch bands, nerf frisbees and other indoor exercise toys for when the weather is bad. Another individual stated, “Our family has increased our activity level by putting limits on our time with the television and X-box.” One of the participants discussed living next to a park, but never going to it prior to the classes. This individual now reports she and her family go every other day for at least thirty minutes so they can exercise while having fun.

Weight Management

Weight management is another way participants improved their overall health. One story describes a participant's weight gain since the class which had a positive effect on her health. The participant stated, "I learned how to make great food choices that improved all my blood work and put enough weight back on me to shut up the doctors (+10 pounds in 2 months)." The rest of the stories on weight management reported how EFNEP helped them to lose weight. Participants reported losing anywhere from 2 to 97 pounds. The individual who lost 97 pounds was 248 pounds in 2006 when she started the classes. After being enrolled in the class for a year, she weighed 151 pounds. One individual reported going from a size 24 to a size 18 in six months. An instructor had a client tell her since the classes she had started to eat three meals a day and that she was actually losing weight.

Managing Disease States

In addition to weight management, participants found the classes helped them and their families manage various disease states, including diabetes, hypertension, lactose intolerance, and high cholesterol. One individual reported, "I have a special situation which is that I cannot drink milk because I am lactose intolerant. After attending the class for basic nutrition, I was told where I could find milk that is lactose free. I never thought I would be able to drink milk and take less calcium supplements." An instructor reported on a participant who said the EFNEP classes really helped her. The instructor wrote, "Just after taking the class she had gone to the doctor and found out that she had high

blood pressure. Because of what she had learned in the classes, she is now able to read the labels and control the amount of her sodium intake.” Another instructor had a client who learned how to help her husband control his cholesterol. The story stated, “[PN] told me that her husband has high cholesterol and what had helped her a lot in the EFNEP classes was learning how to understand the food labels. The classes also helped her understand the difference between the different types of fat, and what foods can raise the level of her cholesterol.” One participant reported, “This class gave me more usable information and I find it easier to control my blood sugars because I am eating more balanced meals.” Another individual had enough success with managing her diabetes from making healthier choices that her doctor lowered her insulin by 40 units. One of the participants was able to help her husband from the knowledge she learned in the EFNEP classes. She stated, “My husband is a diabetic and I always had trouble planning meals to help him keep his blood sugars under control. [EFNEP class name] gave me the knowledge to help my husband succeed. His doctor is so proud of him and me now. My husband is not so sick and he enjoys doing things again.”

More Energy

Participants found that in addition to, or possibly as a result of, implementing healthier eating habits, increasing physical activity, managing their weight, and controlling disease, they had more energy and reported simply “feeling better.” A story previously mentioned described a participant who stopped drinking pop and energy drinks which actually gave the participant more energy. Another participant wrote, “I

feel better and have more vim and vigor.” One individual reported that they did not lose any weight, but they could tell a difference in their energy level. A pleased participant stated, “I feel so much better, both physically and mentally.” A very excited participant stated the following about her and her family. “We all feel and look healthier. Yeah!! Thanks for changing our ways of eating. My family and I will keep shopping healthy and eating together and cooking healthy foods/meals. Thank you so much for giving and sharing great information. I feel GREAT!!”

Enjoyment & Desire to Learn: The third theme is an increased enjoyment and desire to learn. The first two themes showed that participants gained knowledge from the classes and learned to apply that knowledge to improve their overall health. Both themes provide support to the idea that participants are eager to learn new information and have increased enjoyment since participating in EFNEP. The following stories show that they are excited about what they have learned and the progress made. Numerous participants stated how helpful the program was and expressed their sincere appreciation for being able to participate. Participants also mentioned how they look forward to the next class and requested that EFNEP continue to offer these classes. Instructors reported that participants were eager to learn more and attentive during the lessons.

Enjoy Classes

Many participants included simple statements such as, “I enjoyed the classes,” “I like the nutrition classes very much,” “This was a very fun class,” and “I really enjoyed

the enthusiasm of my teacher.” Others provided more information about what specifically they enjoyed. One participant wrote, “The classes were very interesting. I really enjoyed learning about the food pyramid and what I need as far as each food group.” A participant described his enjoyment of the class’ relaxed environment by stating, “My doctor recommended I take this set of classes and I am really glad he did. I am learning a lot of important things and I don’t have to take {a} test and everything. I don’t feel so under pressure, we learn and have fun and make food in ways that make it more affordable and healthy.” Another participant reported, “I enjoyed everything about this class: learning, meeting new friends and more!” A few participants also described how they especially enjoyed the cooking classes. One participant reported, “Cooking from scratch and following a recipe turned out to be very fun and easy.”

Excitement

The participants not only enjoyed the classes, but even through text they showed how excited they were about the program and what they learned. The following quotes demonstrate the excitement felt by the participants. “Wow! I am learning so much I love this, and it {is} easy too.” “The recipes were magnificent.” “This class was awesome.” “Bread in the bag is awesome, as are all the other mixes. I was amazed how tasty and low budget all the mixes are.” “Wow! Anything that can help my family to eat healthy and feel better is the best.” One of the instructors wrote about how one of her classes planted a garden and then used the vegetables to make a big lunch for family and friends. One of the participants commented, “I haven’t had food like this for months; this is

great.” Numerous instructors reported how excited their participants were to receive the cookbook.

Helpful

Participants also identified the classes as being helpful and useful. One participant stated, “This program has helped very much to change my eating habits.” One of the instructors wrote, “A participant told me when I was in her house for a home visit that this program had helped her a lot. I taught the “Feeding Young Children” lesson because her daughter was a little overweight. The participant put into action everything I told her about nutrition and her daughter is much more healthy. Then she said this program really helped their family.” Another instructor had a single grandparent who was raising her two granddaughters. The grandmother told the instructor that she has found the EFNEP cookbook and recipes to be of great help since cooking for the children on a very limited budget.

Look Forward to the Next Class & Request Continuation of Classes

The classes were so enjoyable, exciting, and helpful that the participants reported looking forward to the next class and requesting continuation of the classes. One of the participant stories stated, “I look forward to every Thursday morning because I know I will learn things that help me save money.” Another said the class would cheer her up while one individual said they looked forward to the class every week. Another comment by one of the participants was that she wished the instructor could keep coming back to continue teaching her. One participant’s only suggestion for change in the program was

offering it more than just once per week. One story included the statement, “Please come back soon!!”

Appreciation

All of the stories described in this theme show participants are grateful for the program. Many of the stories expressed appreciation by beginning and ending with a simple thank you. The participants thanked the program for providing them with important information, the opportunity to learn, recipes and cookbooks, and showing them how to make positive changes in their lives. One participant reported, “I, [PN], sincerely appreciate the opportunity to participate in these classes.” Another participant stated, “Thank you for giving us a variety of good nutritious recipes for our families.” A very appreciative participant wrote, “I’m glad that this program was able to reach our Hispanic community and teach us the importance of eating a variety of low fat and healthy foods, and to live an active lifestyle. I want to thank you over and over again for making this educational program available to all families in need.” One of the instructors had a past participant stop by the office. This woman moved to the United States from India and graduated about 5 years prior. She was moving away from the area and wanted to say thanks for all the help over the years with recipes, food preparation, answering her many questions, and general support. She said that she would not forget EFNEP and how it helped her settle into this country. Another participant stated, “This program has been a huge gift and a blessing to my health and the way I look at food.” Participants are appreciative for the program as well as the instructor. One individual thanked the

instructor because she learned how to help her mom who was newly diagnosed with diabetes, high cholesterol, and high blood pressure. Another stated, “This class really blessed me. I adore the teacher [IN]. She was very caring and let us ask questions and gave us the answers to her ability. Thank you for this course and keep up the good work because I did learn a lot.” One of the participants addressed her gratitude to the instructor and stated, “Before I write a few lines of what I have learned with your classes I would like to tell you how very thankful I am for you to motivate me to have a life that is healthy and nutritious.”

Eager to Learn

The second part of this theme is desire to learn. Participants were described as eager to learn and attentive during the lessons. One instructor wrote her success story about a young client which stated, “She was so eager to learn about everything I was teaching her. She asked questions if what she was doing was correct. She wanted more information on different nutrition subjects.” Several stories referred to participants asking questions. When a participant asks questions, it shows they are not only paying attention, but truly interested in the topic. Many instructors reported that their participants would ask for more lessons so they could learn more or would ask for more material to read. A participant told one of the instructors she was glad that she (the instructor) still worked in the WIC office so that the participant could find her and continue to learn more about eating healthy. Seeking out an instructor shows this clients’ desire to learn. One of the instructors had a client come into the WIC office who

did not have an appointment. The client asked if she could sit down and listen to the next lesson that the instructor was teaching someone else. The instructor agreed and after finishing, the client wanted to stay for the next lesson. Another instructor reported great success with one of her groups. The story reported, “When I told them it was time to end the class, they wanted to take a break and come back and work until lunch time. The rest of my morning was free so we stayed until about 12:30.” Several stories mentioned that the instructor spent more than the allotted time with their participants. A very interested couple was mentioned in the second theme for taking family walks rather than watching television. This couple was so eager to learn and understand the information they would stay after class, some nights as long as half an hour, until they understood everything the group had discussed during the session. At a home visit, an instructor asked if there were any other lessons the participant would like to learn about. The client looked through the list of power point slides the instructor had and selected one, then another, then another. She had twelve lessons total that she wanted to learn more about. Another instructor called a participant to set up a time when the instructor could meet for a home visit. The participant was so eager for the instructor to come, they set the appointment for eleven o’clock that same day. The instructor reported that the participant was very attentive and asked many questions during their session. A past participant, who had graduated about two years prior, called her old EFNEP instructor and asked for more in-depth nutrition lessons. One of the instructor’s stories stated, “This month I had a young female client, and on our first visit I asked her what she was interested in learning. Her response was “Everything that you can teach me.”

Support & Confidence: The fourth theme is support and confidence. The first three themes of increased knowledge, improved overall health, and enjoyment and desire to learn demonstrate that participants have more confidence and an improved support system through the program instructors and other participants.

Formed Relationships

Participants described forming relationships with other participants and the instructors. The instructors provide support to individuals seeking help and provided them with a credible information source. The participants also formed relationships with other EFNEP participants. They learned that there are others dealing with similar issues which provides additional support.

The following stories describe how the participant formed a supportive relationship with the instructor. One of the participants wrote, “Our instructor was very caring and compassionate and sweet to all of us. She was a great teacher and she really knows what she is teaching. It is even more exciting that she practices her teachings in her own family rather than only teaching nutrition because it’s her job. She is very passionate about her work and her students.” Another stated, “And also [IN] did that class so fun and entertaining it didn’t even feel like we were in class! We really enjoyed having her in the center. I really liked that class and I’m looking forward to applying everything I learned at home.” One of the instructors reported that a participant stopped in to get more information every time she was at the WIC office. Another participant reported, “[IN], you are a great teacher and a wonderful leader. I hope you will continue

to teach nutrition classes at the [EFNEP site] so that other women will and/or can experience the valuable information you have to share.” One of the instructors received a thank you card from one of her participants who was struggling financially. The card stated, “Your service to me and my family were beyond the call of duty. Thank God you worked today. He knew I would need him and he used you.” Another participant said, “Thank you so much and I’ll never forget you.” A participant stated the most exciting part of the class was the way the instructor educated her. The participant said she showed a lot of interest, motivation and effort which meant a lot to the participant. Another appreciative participant reported, “It is important to highlight the patience, kindness and guidance that [IN] displayed.” One story stated, “[IN] is wonderful to work with, makes you feel comfortable.” Another participant wrote, “[IN] is very professional at what she does and how she goes about her nutrition class. I look forward to her class every week along with the rest of us here at [EFNEP site] it would not be the same without her or any kind of replacement. Thanks so much.” A very effective quote from one of the stories written by a participant stated, “[IN] was the instructor and I just need to let you know that she helped me and my family so much...[IN] came into my life and gave me hope.” The instructor gave this individual hope and became a pillar of strength for her. A male participant came up to one of the instructors before class and stated, “Hey, [IN], I really like you. You know how to handle a guy like me without getting mad and that’s not easy. You remind me of a teacher I once had that respected me and I respected him.” This gentleman formed a respectful relationship with the instructor which led to him asking and answering more questions in class. There was only one statement that

specifically mentioned the concept of respect, but the formed relationship with instructors implies there was mutual respect between the participants and the instructors. Several stories identified participants that were seeking additional help from the instructors and showed that the instructors provided them with a credible information source. An instructor described a home visit with a WIC client who stated that she desperately needed help with nutrition in her home. One participant asked if the instructor would do a home visit because she and her husband had health problems and their grandson is overweight. Another instructor had a client at a WIC clinic who didn't qualify for WIC anymore due to the ages of her children. She asked if she could still utilize the EFNEP program because she wanted to eat healthier, but she needed more information. One of the instructors helped a male participant who sought out additional help in order to gain the knowledge required for him to get partial custody of his son.

Another participant responded to a question about what was the best part of the class, by stating "Food and the talks we always had." The story gave no more detail about this statement, but it likely applies to the private conversations with the instructor or the group discussions. Group conversations and activities allowed the participants to form relationships with the instructor as well as the other participants. One participant stated, "I am no longer so lonely, I have made new friends, and they are struggling with health issues just like me." Two participants wrote about the relationships formed during the cooking lessons. One participant stated, "[EFNEP class name] is fun because of cooking in class with friends." The other reported having lots of fun cooking with friends and the instructor.

Increased Confidence

Support from the instructor and their peers, helped participants improve their confidence. Several stories specifically stated that the participants had more self confidence while others portrayed the client as more confident from the context of the stories. Participants showed confidence especially when cooking by being more creative. The participants reported being proud of their accomplishments when they found that the recommended changes were attainable. Participants' increased confidence allowed them to act as role models to others.

Increased confidence was demonstrated in several success stories. One of the instructors had a participant tell her, "Because of you I am becoming positive, I look good and I feel good about myself." Another participant wrote, "I will succeed with the knowledge of eating right that I have learned." Two expecting mothers showed they had increased confidence by the following statements. One of the ladies wrote, "This class has also helped me in my pregnancy and I can be sure my baby is going to arrive healthy into this world." The other woman stated, "I have enough knowledge now that I will be able to teach my daughter good eating habits right from her first meal." An instructor had a client say she credited the sessions she attended to her weight loss, feeling good about her body, and being healthy. The most important aspect of this story, in connection with improved confidence, is when she states feeling good about her body. One participant reported, "I lost 7 pounds in a month and feel better about myself and appearance." Previously mentioned in the theme of improved overall health, the following quote is a

great example of a participant who found increased confidence in controlling her blood pressure. The participant stated, “I recently was told I have high blood pressure and because of my medicine I should eat foods high in potassium. Now I know what foods those are.” Being told to eat foods high in potassium has no effect if the individual is unaware of what those foods are. One participant stated, “Now I am going to be able to feed myself and my kids healthy and be able to give them the right amount of food and not over feed them in one sitting.” One of the instructors had a student who was afraid to use a knife at the beginning of the classes. Throughout the course, the student became more comfortable with practice, and at the exit interview she wrote that she had learned how to use knives appropriately.

Participants also demonstrated increased confidence particularly in the area of cooking. An instructor had a participant who showed increased confidence in her cooking abilities throughout several home visits. At first the participant would wait for the instructor to arrive before getting anything ready for their lesson. As time progressed, the participant would have everything out and ready that was needed for their lesson and many times started to make the recipe. During a home visit, another one of the instructors had a participant thank her for helping her learn how to read a recipe, plan ahead, prepare a shopping list, and for having the confidence to actually make something to eat. Her husband usually does the cooking because she is afraid of using the stove. They had been working on easy recipes that she can make without using the stove top. The instructor wrote, “Her habits and her confidence are improving each and every time we meet.” Another participant stated, “I don’t dread cooking as much. I know I have the

food and can make a good meal.” An instructor described a participant who also found confidence in her cooking ability. The story stated, “She was surprised that *she* could make something that was like the “real thing”. I was glad that the dish turned out so well as it was a real confidence booster for the client, who when I started working with her, did not have much food preparation experience except boiling pasta and cooking ground beef.” One participant needed healthy meal and snack options for her and her 10 month old child. She needed some options instead of processed foods. After spending time with the client and identifying various options, the participant felt good about what she wrote down and was surprised at the options she had available. Another participant wrote, “This class has given me more confidence in my cooking endeavors!” One of the instructors stated that after demonstrating how to make bread in a bag, one participant said, “Wow, I never thought I could make bread.” The following class the participant shared how she was so impressed with herself that she went home and made more bread. One participant reported more confidence when she cooked in part because she has better recipes to choose from. It made her day when the kids couldn’t wait to eat. As the participants became increasingly comfortable with their cooking abilities, they also became more creative. One participant wrote, “I learned to experiment with leftovers to make new meals.” Another participant stated, “I have become a more creative chef.”

The participants demonstrated that because they had more self confidence they felt the changes that they needed to make were attainable. One participant stated, “I learned about MyPyramid and now I realize it isn’t as hard to use it as I have always thought.” An instructor had a participant state that she found out that cooking from

scratch wasn't so hard using the CNP cookbook and that the recipes made it easy.

Another participant didn't realize she was losing weight because she had only made small, easy changes. After learning of her weight loss, she realized how easy it was and that she could make changes. An instructor was discussing recipes one of her clients could use when the client stated in surprise, "I have everything in that at home." She couldn't believe how easy the recipe was and that if she had all the ingredients on hand she could easily make the casserole. An important aspect of change is the confidence to achieve it.

Participants mentioned how proud they were of their accomplishments. An instructor had a student who came to class very excited because she had tried one of the class recipes the night before, as it was her night to choose and prepare dinner. The participant was so proud of her stir-fry that she took a picture of it on her cell phone and showed it to the instructor. This story shows confidence and illustrates the pride the participant felt when she was able to prepare a new recipe. Several other participants demonstrate more confidence by using the word 'pride' in their stories. One of the instructors was working with a Hispanic group who were learning to speak and read English. The instructor wrote, "...one thing they are very proud of is their new-found ability to not only read recipes but read food labels on products, especially in the store." One participant stated that she was very proud of herself for being able to control her spending by using a shopping list, doing less impulse buying, and utilizing sale items. An excited participant stated, "I am so proud to say that I weigh 210 lbs and have a very

good outlook on my life.” Participants were proud to graduate from the classes and receive their certificate and cookbook.

Increased confidence allowed participants to act as role models to their family and friends through their actions of determination and enthusiasm and by sharing the information they learned. An instructor described one of the participants as very excited and committed to keeping with the new eating habits. A participant reported, “I am determined that my daughters grow up eating better than I did as a child.” An instructor described a participant who initially was very quiet, but began to ask questions and responded in such a positive way she got the rest of the class to ask more questions. The instructor wrote, “Her enthusiasm spread not only to the class but also to me.” Another instructor wrote about one of the participants who was encouraging other women at the center to follow her example of buying more fresh fruits and vegetables and whole grains. One of the instructors described a client who was very excited about his cookbook. The instructor wrote, “He is assigned to working in the kitchen while he’s at the center and wasn’t required to attend nutrition class. He came to class, anyway, and brought samples of the foods that he had tried from the NEP cookbook. He had tried the frozen fruit cup and peanut brittle that day. He insisted that I try what he had made. The other clients at the shelter were very excited about the new foods that he was making for them at meal time. He was a very good role model for the other clients to use their cookbooks. It certainly has motivated other clients to complete the class to get their OWN cookbook.” One of the participants decided to sit in on a lesson she had already had and ended up being a great motivator for the other participants because she had lost

weight following the information. Another instructor wrote about three women who made a great impact on the other people in the class. The story stated, “I had 23 clients in one class. Three of those clients had already graduated from my program about 6 months ago. I told them that they didn’t have to stay since they had already graduated. One of the ladies said she had learned so much from the classes she had before. She wanted to refresh her memory to see what she had forgotten. She was also interested in finding out what kinds of changes have come about in the past few months in the area of food and nutrition. All three of the ladies agreed and all decided to stay. They were great, sharing what they had been doing and what and how they have changed since they had the classes. Their sharing couldn’t help but influence the new people. The graduates shared how the nutrition classes made them take a look at their lifestyle and eating habits. They shared their reasons for making the changes they had and why they decided to make the changes. I could have given them all the information I could, told them how and why to use that information and it would not have been as effective as having these three ladies share their experiences with them.”

The participants act as role models through their actions as well as sharing information with others. Participants reported sharing information, nutrition tips and facts, and recipes with their family and friends. An instructor received an email from one of her on-line participants who was discussing how helpful the state-wide NEP website was. The email read, “I like this website so much that I put a link on my blog so my friends could use the resources.” A participant originally from Argentina reported sharing information she learned from the classes with a friend and her husband. She said

her husband is now using the stretchy-band while he is in front of the TV. Another participant wrote, “I have thoroughly enjoyed taking these classes. I’ve learned important skills in the kitchen like how to properly thaw meat, how to eat healthier for me and my family, and how to shop smarter. I’ve learned those things plus much more that I will use and tell others about for the rest of my life.” One instructor had great success with a participant who said there was no way they could get her to eat vegetables, but eventually agreed to at least try the roasted vegetables. The instructor wrote, “Not only did she like them, her whole family loved them. She has taught her extended family from Maine to Oregon how to make them.” A story about a woman who moved to the states from India has been referenced in previous themes. The woman told the instructor that one of her goals is to help someone else as much as EFNEP and her instructor helped her. Another participant shared information she learned about healthier cooking with her grandmother. She taught her to use vegetable oil instead of butter or lard and then made her broiled salmon, which her grandmother loved. An instructor wrote, “While I was purchasing some items from [name omitted] for one of my groups, I noticed a lady was holding a NEP grocery list with the NEP meal planner. I thought the lady was one of our clients, so I approached her and asked whether she benefitted from the NEP program. She surprised me with her answer that she had never had a nutrition class before but that her neighbor, who participated at WIC, shared the information that she learned from our program with her friends and neighbors.” Another instructor had a client contact her for more in-depth nutrition lessons. The participant wanted to learn more about how to stretch her food dollar, eat healthy and balanced meals, food safety, and feeding children. She stated that

she and her family were moving back to Iraq soon. She wanted to learn this information so she could apply it in Iraq and teach the other women how to deal with these same issues, since most of the families are struggling economically. This shows the world-wide impact EFNEP has on others.

Impact on Family: The fifth theme is the impact on family. All four previous themes have an impact on the participant's family and shows that family is one of the participant's highest priorities. Family was the most frequently identified code in all of the success stories. To the surprise of many participants, the family was often very happy with the changes.

Family

In many cases, the family seemed to be the motivation for making changes. Several participants made comments such as checking the nutrition fact labels to see what it contained for their family, utilizing the recipes to feed their family healthier meals, learning to cook healthier for their family, learning to feed their family more nutritiously and proportioned, and starting to take feeding the family more seriously. One of the participants stated, "My priority for my family is healthy eating, and this class helps with making healthy choices." Another participant wrote, "Being involved in this nutrition program has improved my family's eating habits as well as eating behaviors. Our family checks the nutrition facts on the boxes when shopping. Before these classes started, we'd go up and down each aisle and pick up whatever we wanted. That has changed. Now we

go to the store with a list. It helps us not to buy junk food that we do not need and it helps us not spend money that we could be saving. Also we live next to a park and we would not go to it. Now we go almost every other day for at least thirty minutes. So we get more exercise while having fun. We have also tried giving different kinds of fruit to (my baby) and she likes them. She eats lots of fruit and plays outside a lot which she loves. This program has influenced our family into being healthier and has improved our habits and behaviors for the better.” An instructor was working with a participant who thought she already knew enough about food and nutrition. But, by the end of the lesson, the participants had learned a lot and said that she will not use salt, cut out fast food, eat more fruits and vegetables, drink more milk, buy more nutritious food and overall take better care of herself and her teenage son. A participant reported, “When I joined the program [my] weight [was] 348 [and] I was eating all the wrong foods. This program has helped me to eat right and has showed me how to cook healthy meals for my family. Since I changed my eating habits, I have lost 40 pounds. This program is working for me and my family.” An instructor had a participant explain that the program helped her a lot. The instructor taught the “Feeding Young Children” lesson because her daughter was a little overweight. The participant put into action everything that was told to her about nutrition, and her daughter is much healthier. The participant said the program really helped their family. Another participant reported becoming more aware of what she cooks for her family and what is in the food. She says she tries everyday to feed her family healthier, more nutritious food. An instructor had one of her participants say she felt better about the things she was feeding her children and herself. Another participant

stated, “I would like to thank you for the opportunity you gave me to learn how to feed my children in a better way. And because thanks to the classes my children showed more interest in what we eat. My oldest daughter showed more interest in the food we bought at the store regarding the food we prepared at home because she made a habit of reading the ingredients list and reading the nutrition facts label. The classes taught me another way to share with my family by planning meals together and more importantly they’re healthy choices.” One instructor wrote, “The CNP classes and cookbook helped a mother of 5 young children feed her family nutritious meals. She used to feel overwhelmed trying to buy enough food, mainly meats, to fill them up. She learned many new recipes using smaller amounts of meat and adding more vegetables, also supplementing beans to stretch the food budget.” At one of the group lessons, a gentleman announced that he was going to be a much better grocery shopper and he was going to feed his children better because of what he had learned in the classes. One of the instructors worked with another father through home visits. The instructor wrote, “I would never imagine how much he has learned in NEP. First of all, his wife never wanted to participate in classes for nutrition so he took them instead. With all he has learned he feels great physically, and is on the up-and-up with his families well being.” A participant wrote in response to an exit interview questions that she is trying to make a balanced meal every day for her family. Another woman wrote, “I’m pregnant with my first child. It’s important now more than ever for me to make eating right a lifestyle.” A mother of two shared with her instructor that she and her children were living with her father. Since having a second child and moving out of her father’s home to her own place, she now has the

independence to feed her children healthier foods. She felt that she was doing a much better job of incorporating foods from all of the food groups into her children's diet. Another instructor wrote about a father who wanted to learn more about feeding his family because his wife works mornings.

Family Happy with Changes

To the surprise of many participants, the family was often very happy with the changes. One participant wrote that she doesn't use that much oil anymore when she cooks and began buying the oil in the spray. She tried some of the recipes that the instructor gave her and her kids enjoyed them very much. She said her kids still liked her noodles and rice even though she no longer fry's them. Another participant wrote, "My husband thanks me each week for attending the [EFNEP class name] classes. He is appreciative that I am learning to feed my family in a healthier manner." One of the instructors reported that one of her participants told the rest of the class that her husband was very happy that she was taking the classes because they basically ate out 95% of the time because she didn't know how to cook. After attending a few classes, she began to use the cookbook. Each week she would come back and tell the class what she had cooked. Her husband thought it was a "miracle." A participant reported fixing lunch for her husband using the Master Mix recipe instead of the regular recipe for biscuits and her husband loved it. She said that he commented, "It's better than your old recipe. I enjoy all the new foods!" An instructor had a participant tell her that her family had never eaten vegetables, but now her husband and children regularly request them. One of the

participants stated, “I have also switched from white to whole wheat bread and my kids actually love the whole wheat and won’t go back to white bread.” Another participant reported, “I’m buying more fruits and veggies instead of cookies & chips and the weird thing is the kids LOVE IT...”

New Perspective on Health: The sixth theme is a new perspective on health. All of the stories in the first five themes provide evidence for this theme. Gaining knowledge, taking steps to improve health, enjoying the classes, having an increased desire to learn, having more confidence and support to make changes, and sharing this knowledge and information with family means they are thinking about health in a new way. The stories described participants’ new perception of health through increased awareness, realization of the need for change, change in thinking, being more open to new things, and taking control of their health.

Increased Awareness

The participants showed increased awareness of the importance of leading a healthy lifestyle. Participants stated that they began to pay more attention to the food they eat and feed their children. Others discussed their increased awareness of the nutrients in different foods and impulse buying. One individual stated, “This program has really opened my eyes to the importance of an active and healthy lifestyle.” Another participant reported, “I am cooking a little healthier now that I’m aware of the health

benefits of eating healthy.” Some participants commented on being aware of food safety, such as how long meat sits out of the fridge and cross contamination.

Realized Need for Change

Along with increased awareness, the participants began to realize the need for change. One participant simply stated that she realized she had to “make a change.” Another individual was court-ordered to attend the EFNEP classes. She attended to get her kids back, but felt she did not need the classes. During the second class, the instructor asked the participant a question about measurements such as ounces, cups, sizes and portions, and how she was going to be able to feed her baby without knowing the basic information. The participant reported that it was at that moment she was shocked and she realized “I really need this class.” Another participant told one of the instructors that many of the things the instructor had taught her, she had never thought of before. One participant told an instructor, “I will never forget the session that you showed me the amount of sugar in one can of soda.” Another surprised participant told an instructor that they can’t believe how much fat is in a double quarter pounder, and how much sugar is in a twelve ounce can of pop. An instructor had a participant explain that he no longer eats fried food since he saw the fat tubes. He said, “I had to stop.” One instructor described an experience she had with using the Fruit and Vegetable Staging Algorithm to assess her clients current stage and readiness for change in relation to fruit consumption. The instructor reported, “The client is in the pre-contemplation stage (first stage) where she demonstrates lack of awareness of the importance of eating fruits and

inadequate consumption. She received the stated materials specifically developed to help her move through this stage, moving her closer to her desirable behaviors.... It was like a light bulb turned on in her mind after we went through the points. She said, "Well maybe it would be a good idea to eat fruit," as if that thought had just occurred to her." One participant was surprised to learn there was a difference between refined and whole grains. She had no idea prior that there was any difference. Another surprised individual reported, "The 'fat weighing' example was extremely alarming and will cause me to think twice about the amount of fast food I (will) allow my kids to consume." A participant stated, "After this class I realize just how easy it is to be healthier."

Changed way of thinking

The participants reported increased awareness and realized the need for change. Some participants specifically reported that the classes changed their way of thinking. For example, one participant wrote this about the EFNEP classes, "They have changed my thinking about how important it is to take care of our health with good nutrition." Another individual wrote, "This program helped me think differently about food." One of the instructors stated that a participant told her that she had learned so much from the instructor. Much of the information the participant had never thought of before or thought about the effect it had on her family's health. A mother reported how much she had changed her thought processes about eating. One participant stated, "This class has really changed my way of thinking. From now on, I will prepare nutritious meals for my family."

More Open to New Things

With increased awareness, realization of the need for change, and change in the thought process about food and nutrition, participants were more open to new things. The main area in which participants seemed to be more open was in cooking and tasting new foods. One of the participants reported, “It is much easier to cook now and try new things, which I would never do before.” Another participant wrote, “I have learned to cook things that I may never have cooked before and I enjoyed learning them.” An excited client stated, “I really like being able to cook foods I wouldn’t normally cook or even try! Loved the crunchy salad and cabbage burrito!” An instructor wrote about a participant who was learning to make her meals more balanced and get the family more involved. The participant said they are actually starting to expand their family favorites. One of the participants stated, “I am willing to make more new recipes at home now.” A participant wrote that when she attended the class on vegetables, she was very surprised to learn about one vegetable she did not usually eat. She had never seen a cauliflower before. The participant tried it and enjoyed its flavor so much that she now uses it all the time in her recipes. Another individual reported, “I tried new foods when we sampled recipes that I didn’t know anything about and now I will add them to my diet.” One of the instructors described a story about a participant who was hesitant about trying some new food she had brought in for the last class of the session. The instructor’s story stated, “One of the items I brought was 100% whole wheat bread and the other was a vegetable garden salad. As soon as I opened the bread one of the ladies informed me she does not eat brown bread. I asked her if she would taste half of a slice and then she could

decide if she liked the taste or not. She placed a small serving of the salad on her plate and took the half slice of bread. After she tried the bread she came back and asked for her other half of the bread. By the end of class she had a second serving of the salad and the second slice of bread. She said the bread was so good it made the vegetables in the salad taste good.” Another participant said, “I usually never eat vegetables, but this is good. I guess you just need to know how to fix them.” One individual found out that she liked barley and learned that soy meat could be good if you learn how to prepare it.

Take Control

A major part of the participant’s new perspective on health was to take control and be responsible. Taking control was particularly shown in the second theme as participants implemented changes to improve their health. One of the participants stated that one of the things she learned from the classes was to be responsible for your health. An instructor was working with a participant who was struggling with debt. She said she felt like she was drowning. After starting the EFNEP classes, she reported being dedicated to improving her lifestyle and to becoming debt free. She learned she needs to take control if she wants to make a change. A participant showed her understanding of the importance of taking control by saying, “...we need to pay attention to what we eat or we will have more problems with our health.” Another individual reported, “The class has taught me how unhealthy my lifestyle is and how I can change that.” This shows the program gives the participants the tools to make a change and be in control, if they follow through and apply this information. One of the participants stated, “This class was great!

One of the most useful things for me was just being aware of what my family was eating and making a conscious effort to include more fruits and vegetables into our diet.” A woman reported that she is finally taking an interest in her health. After she was diagnosed with breast cancer, she withdrew from life and starting eating only once a day, even skipping some days. Now she is taking control and making changes like being more active and going to the Senior Center every day. One of the participants reported that by having the instructor come to her house, her confidence in herself and her cooking has grown. She stated, “I have learned to be more responsible with my eating habits and consider my body as a priority in my life.” Another participant stated, “When I began these classes I was in very bad shape and at one of the lowest points of my life weighing in at over 345 pounds. I was so tired of this lifestyle and I was ready for a change. I made a commitment to myself that I was going to do all I could to change my life.”

Positive Change: The seventh and final theme is positive change. This theme is an accumulation of all six previous themes of increased knowledge, improved overall health, enjoyment and desire to learn, support and confidence, impact on family, and a new perspective on health and the stories used to support them. These final stories provide additional support to this theme and describe how the program made an impact and actually changed participants’ lives.

Made an Impact

Numerous stories showed that the EFNEP classes made an impact on its participants. Every story that was used in previous themes provides evidence to this theory. The upcoming stories have not been used in any of the other themes and are described here to get a deeper understanding of the impact EFNEP has made. One of the instructors wrote about a huge success with one of the participants. The story stated, “32 months ago I worked with a very sick sad lady. Since then she has dropped 58 pounds and only has to go for dialysis 3-4 times a year compared to once per month. When her doctor asked what she was doing different she bragged about label reading and portion control. She made an extra trip to the Doctor’s office to show her the cookbook and all the other lesson handouts she still had.” This woman made dramatic and positive changes in her life. One participant reported the program really made a difference in her family and that the past week’s lesson really impacted her. Another participant stated, “I believe this program has made a dramatic change in my family, my eating habits, and the overall nutrition in my family.” An individual stated, “If I continue to follow the nutritional guidelines that I have been instructed (on) I will increase the years of my life.” One of the instructors had a participant tell her that NEP “had a positive impact on her nutrition and food resource management practices.” Another instructor had a participant who was diabetic and he truly did not understand the effects of poor eating habits, particularly on diabetes. The participant mentioned that he was experiencing extreme fatigue and wanted to make changes, but did not know where to start. After the instructor went over the “Food Guide Pyramid” and “Key Nutrients” lessons, he really

began to understand how he could implement healthy habits and how doing so would help him. As he attended the rest of the lessons, he shared with the class the new, healthier habits he was implementing and how they had positively affected him. Another story is from a 19 year old male student. He stated, "The class has taught me how unhealthy my lifestyle is and how I can change that. I have learned how to read the nutrition labels on the food, and how to tell if it really is nutritious for you. I would have to say that the foods we made were in-fact my favorite part of this class. It made making food seem a lot easier than I had thought it would be." The instructor for this student wrote that out of the entire class, he made the most improvement in his diet. The first day of the class he had eaten six Swedish Fish in the 24 hour food recall, at the end of the class, he had met all of the nutrient requirements up to a 100% except for one. He also scored the highest out the class on the nutrition test at the end of the class. The teacher also pointed out that he has been turning down candy, pop, and other junk food when offered from other students. He has come to classes with soy drinks and is really changing his eating habits to be healthier. An EFNEP graduate stated that CNP classes helped her get a new job working in a local restaurant. She didn't realize until she started working how the food safety knowledge and cooking skills she learned from CNP classes help in her every day work. An inspiring story came from a woman who was able to make changes that truly affected her everyday life. The participant wrote, "I am 46 years old I have been constipated all my life and had acne like a teenager, I never thought that would change, well...it did. Before taking these classes I might have drank 1 cup of water a day. I would drink some coffee during the day but that is it. After learning that I

was not eating enough fiber or drinking enough water I made the goal to eat 3 cups of raw vegetables everyday and make each one of the cups a different color of vegetable. Now I am drinking at least 5, 16 ounce, bottles of water each day and eating 3 cups of raw veggies too. I am no longer constipated and my acne has cleared up for the first time and my friends say my complexion is so beautiful and what did I do. I tell them too eat at least 3 cups of raw vegetables and drink plenty of water. They are amazed that is it, but my family and myself are believers.” Another participant wrote, “I have had the most wonderful experience attending this class. It was very informative. I have been dealing with nutrition issues and weight issues with myself all of my life. Now I have to deal with it with my daughter (3 yrs. old) and weighs 61 pounds. She is seeing a nutritionist but only once a month. With the information that I have received from this class, I feel I can do better and make better choices now. This class really blessed me. I adore the teacher [IN]. She was very caring and let us ask questions and gave us the answers to her ability. Thank you for this course and keep up the good work because I did learn a lot. Now I can deal with myself and my daughter’s weight challenge.”

Changed Lives

The final three words of the sixth theme, new perspective on health, are “change my life.” This phrase was used in four of the five final stories, all of which help to explore how participants made positive changes in their life. Although the number of times it was used by the participants is few, it is likely the most important code in terms of overall quality of life. A story described in the new perspective on health theme

stated, "I really need this class!" The participant went on to say, "Today I am very happy. I am renting my own apartment. I quit drinking sodas. I eat breakfast every day. (I never did before because my shift rotates every two weeks) I am taking my lunch to work. I learned how to measure a cup for my baby's bottle and what surprised me more -- I found myself in the kitchen . . . doing what? Cooking! That was a big surprise." Another participant stated, "These classes have changed my family and my own life forever."

One of the instructors wrote about an 80 year old woman's experience with EFNEP. The story stated, "Yesterday she said to me that our discussion about body size acceptance, and taking steps to improving your health (rather than comparing to what society says is perfect) has changed her life! She said that all of her life she asked God why He made her the way that He did, and that was not "skinny as a rail" like her cousins. So now she said at 80 years old she can finally accept who she is. She said she is gonna put on some earrings and makeup and just enjoy who she is." This shows that EFNEP can be effective at any age. A participant wrote this story to her instructor. "I really learned a lot from you, I'm so health conscious now, my whole life has changed, the way I cook, what we eat, how to shop, and the info I got from you has been very helpful and I use it every day." This final story was written by an instructor about a lady with two young boys who attended her classes. "The first couple of classes I conducted, [PN] showed no interest whatsoever in the lessons I was teaching. During my third visit when I began talking about Stretching Your Food Dollars, she began to show some interest. She started asking questions and wanting to know more information. Even when the class was over, [PN] would remain so she could ask more questions. After talking to [PN], I found out

that she went to the grocery store three to four times a week. Her food stamps would be gone before the month was over. I explained to [PN] the importance of planning her meals, making a grocery list, and comparing prices. After talking to [PN] more, I found out that she suffered from hypertension. I explained to [PN] why it was important for her to start reading food labels and cooking her meals. If she cooked her meals she would be able to control her sodium intake. On my next visit, we talked about Shop for value. Now I had no problem with [PN] focusing on the lesson. She was even taking notes. At the end of my last class with the group, I asked each person to share something that they had learned from my class. When I got to [PN], her list was so long. She shared that being in the class had changed her life and had made her and her boys healthier and happier.”

Chapter V

DISCUSSION

This study was designed to analyze qualitative data submitted from EFNEP instructors and participants. The success stories provided a holistic view of the participant's experiences with EFNEP. Participants were able to describe their thoughts and feelings of how the program affected them in their own words. Only the participant can testify that the classes actually made a difference and influenced them to make changes. However, instructor's stories are still very important to provide another perspective. Instructors often see progress and growth of which the participant themselves may be unaware.

The purpose of this study was to develop an understanding of how adult participants describe quality of life during or after participation in EFNEP programs at sites across the United States. The following discussion aims to answer the following questions: What is "Quality of Life" for adults who have participated in the EFNEP program?

Qualitative analysis of the success stories involved developing codes based on the content and the researcher's personal interpretation of the stories. The codes were then categorized into seven major themes including increased knowledge, improved overall health, enjoyment and desire to learn, support and confidence, impact on family, new perspective on health, and positive change.

Increased knowledge is the first theme and the foundation on which all of the other themes build. There were five main codes that emerged from the data to support this theme: food resource management, importance of healthy eating, cooking, food safety, and the importance of exercise. The knowledge to be able to effectively manage your resources is essential for participants to feel in control of their finances. The participants described in the success stories have limited resources, which increases the importance of managing the resources they do have. Learning how to budget is the first step to food resource management. The participants learned simple management principles such as planning ahead, using food on hand, making a grocery list, and sticking to the list. This will help reduce the practice of purchasing extra or unnecessary food when at the grocery store. Participants reported making smarter decisions at the grocery store by looking for the best deals by comparing prices, buying generic rather than name brand products, clipping coupons, planning meals based on the sales ads, not shopping when hungry, and reading nutrition fact labels to purchase the healthiest products. Participants also learned they could save money by eating out less, wasting less food at home, and utilizing other community resources. All of these strategies allowed participants to save money and extend financial resources. The ability to manage a budget and then find ways to save money and extend financial resources has many implications on participant quality of life. Participants will now have more disposable income to spend on other necessities and feel more in control of this aspect of their life. Participants learned the importance of healthy eating by learning about each of the food groups, understanding nutrient needs, consuming a variety of foods, eating in the correct

portion sizes, and other general nutrition information. Participants must learn how to eat healthier and how to make healthier food choices before implementing healthier eating habits. Increased knowledge was also shown when participants described learning the importance of cooking at home and learning how to cook. Some participants learned how to cook for the first time while others improved their cooking skills. The participants were able to learn and try new recipes. They were supplied with various recipes throughout the lessons and were given an EFNEP cookbook when they completed the program. Participants reported cooking more often and learning to cook in a healthier way. Allowing participants to cook with the close supervision of the instructors and providing them with simple, fast, and healthy recipes, may have made the participant feel more comfortable and capable. Participants reported learning about food safety. Stories discussed the importance of sanitation, decreasing risk of cross contamination, and proper thawing techniques of meat and other frozen foods. Acquiring knowledge in food safety can have a dramatic impact on quality of life if it reduces the chance of getting food-borne illnesses. The final code for the theme of increased knowledge was the importance of exercise. There are two main components of a healthy lifestyle: nutrition and exercise. Participants showed they learned exercise is an equally important concept.

Acquiring knowledge is the first step. The next step is applying that knowledge. The second theme determined from the success stories was that participants used the information they learned to make decisions that would improve their overall health. Participants reported establishing healthier eating habits, increasing the amount of physical activity, effectively managing their weight, managing various disease states, and

having more energy. Several positive changes to eating habits were reported by the participants, including eating more well balanced meals, eating breakfast every day, reducing portion sizes, monitoring intake, and eating more or less of certain foods to improve health. The majority of the stories that described healthier eating habits stated eating more or less of certain items. Participants reported drinking more milk and water and eating more fruits, vegetables, fish, beans, and whole grain foods, while consuming less junk food, fast food, processed foods, pop and other caffeinated products, and therefore, consuming less of certain nutrients such as fat, sodium, and sugar. Increasing physical activity was another way participants improved their health. Participants reported walking, swimming, biking, or simply playing with their children. Weight management was a common topic for participants. Almost all of the participants that discussed weight management reported losing weight. Excess weight and weight gain is a realistic issue for many of these individuals. Healthier eating habits and increased physical activity help support weight management and also play a role in managing various disease states. Having limited resources, poor eating habits, little physical activity, and excess weight can be a serious and dangerous combination that leads to numerous health issues. The specific health problems that were discussed in these stories included diabetes, hypertension, lactose intolerance, and high cholesterol. Participants and their families must learn to effectively deal with these issues and several participants have had success since participating in the EFNEP program. Finally, with all of these improvements, participants reported feeling better and having more energy.

The first two themes are important to show participants are learning new information and making positive changes that have and will continue to improve their overall health. Both of these themes have been validated by previous research indicating participation and graduation with EFNEP increases retention of nutrition knowledge, improved dietary practices, and economic benefits. (Arnold & Sobal, 2000; Brink & Sobal, 1994; Burney and Haughton, 2002; Rajgopal et al., 2002). The results of this study also indicate increased knowledge and improved overall health to be significant factors when EFNEP participants describe quality of life. The University of Toronto's Quality of Life Profile would classify increased knowledge in the "becoming" domain and improved health in the "being" domain. The "becoming" domain focuses on achieving personal goals, hopes, and aspirations. A subdomain of "becoming" is "growth becoming" and involves activities that promote improvement of knowledge and skills which would be equal to the theme increased knowledge. The "being" domain focuses on who one is, and the subdomain "physical being" involves physical health, nutrition, exercise, and general physical appearance. The second theme of improving overall health would be equivalent to "physical being."

The third theme is enjoyment and desire to learn. The themes of increased knowledge and improved overall health add support to the fact that participants are eager to learn new information and have increased enjoyment since participating in EFNEP. Participants reported enjoying coming to the classes. Participants were excited about coming to class, the information they were learning, and the recipes and cookbook they received. It can be difficult to identify emotions from text, but the participants portrayed

their excitement through their distinct choice of words, capital letters, and punctuation. The participants described the program as helpful. Participants looked forward to the next class and requested that EFNEP continue to offer these classes. One story that best represents this concept is when one participant reported that the one thing she would change about the classes is to offer them more often. Participants expressed their appreciation for getting the opportunity to participate. The stories described the participants as having a sincere desire to learn. Every success story that referenced the participant's eagerness to learn came from EFNEP instructors. Instructors described participants who would stay after class to ask further questions. Participants would ask the instructors to teach them more lessons or would stop by the office for more information in addition to their regular appointments. This desire to learn shows the participants understand the importance of the program, and it demonstrates their ambition to learn and become a better person. This theme can be related to the Quality of Life Profile which would classify participants showing enjoyment and the desire to learn in the "being" domain, specifically "psychological being." "Psychological being" is a subdomain that recognizes psychological health and adjustment, cognitions, feelings, self-esteem, self-concept, and self-control. Enjoyment and desire to learn are congruent with feelings and cognitions in the "psychological being" subdomain.

The fourth theme is support and confidence. Participants have already shown they have more confidence based on the success stories that describe increased knowledge, improved overall health, and an increased desire to learn. Participants have also expressed their enjoyment and appreciation for the EFNEP classes which

demonstrates the classes provide an improved support system. Participants have an excellent foundation of support from the relationships they form with other EFNEP participants as well as the instructors. The participants realize they are not alone in their struggles, and that there are other people dealing with similar issues. Certain success stories showed that participants were seeking help and were able to find that help and support by going to their EFNEP instructors. The staff provides them with a credible information source and it gives participants comfort to know they have someone to whom they can turn. Laying this foundation of support adds to the confidence participants have already established. Participants have shown increased confidence by learning to successfully manage their finances, making healthier and safer choices when they purchase and prepare food, being more physically active, managing their weight and health issues, and showing their enjoyment and desire to learn. An important aspect of change is the confidence to achieve it. Participants realized the changes they need to make are attainable and were proud of their progress. Confidence was represented by their increased creativity, most notably in their cooking skills, and by acting as role models to their family and friends. Participants were exemplary figures through their determination and enthusiasm to make positive, healthy changes and by sharing information they learned with others. This theme relates to the Quality of Life Profile in both the “being” and “belonging” domains. Confidence would also be classified as “psychological being” as it is synonymous with self-esteem. Support would best fit in the “belonging” domain which focuses on connection with one’s environment. Participants receiving support from their peers and EFNEP instructors would fit the

“social belonging” and “community belonging” subdomains. Social belonging includes family, friends, co-workers, neighborhood, and community which best describes the support participants get from other participants. Community belonging includes educational programs and participants receiving support from EFNEP instructors would best fit this quality of life subdomain.

The fifth theme is the impact on family. The success stories showed that family is one of the most important priorities for EFNEP participants. Participants demonstrated that increased knowledge, improved overall health, increased enjoyment and desire to learn, and having more support and confidence positively impacted their life as well as their families. Several success stories described family as a being a motivator for the participant to learn new things and make positive changes. Participants discussed that in many situations the family was happy with the changes they were implementing, often to the surprise of the participant. The success stories show that a healthy family is a priority for EFNEP participants and would be an important factor in participant quality of life. The Quality of Life Profile would classify this theme in the “belonging” domain, specifically “social belonging,” as described previously.

The sixth theme is a new perspective on health and is woven throughout each of the first five themes. The stories and statements previously described involving participant’s increased knowledge, improved overall health, increased enjoyment and desire to learn, improved support and confidence, and the positive impact on participant’s families provides evidence that participants have a new perspective and understanding of

health. Participants have increased awareness of misinformation and negative behaviors as well as positive behaviors and changes that will help to make themselves and their families healthier. Many stories described a particular moment when the participant realized the need for changes and the importance of the EFNEP program to help implement positive change. Participants stated that this program has changed their way of thinking about the importance of health and good nutrition. They are more open to new things. Participants described going outside of their comfort zone to learn new cooking skills, cook with foods they have never used before, or taste new types of food. Most importantly, this new perspective has taught them to take control and be responsible for their health. Control was not a common theme, but is very important when exploring participant quality of life. This theme can be related to the subdomain “psychological being” of the Quality of Life Profile. “Psychological being” involves psychological health and adjustment, cognitions, and self-control, which all fit the constructs of this theme.

The seventh and final theme has been a recurring phrase in the analysis and discussion of all previous themes: positive change. Participants implemented positive changes that have given them a new perspective on life. Positive change is shown by the participants having increased knowledge and using that information to improve their overall health, expressing enjoyment in their life and showing the desire to learn, having the confidence and support to make the changes they need to make, having a positive impact on their families, and finally positive change is evident with their new perspective on health. Participants described stories that show the program made a positive impact

and some even stated that the program actually changed their lives. This theme is not supported by one particular domain or subdomain in the Quality of Life Profile, but is comparable to overall quality of life which includes all domains and subdomains.

Positive change is the most important theme because it describes the overall effect EFNEP has on the quality of life of its participants. EFNEP has changed the lives of its participants by inspiring positive change.

Chapter VI

CONCLUSION

The objectives of this research were:

1. To develop an understanding of how adult participants describe their experiences with EFNEP by generating themes from the participant success stories.
2. To analyze the themes produced from the success stories and establish five questions that could be validated as a way for EFNEP to start documenting its effect on participant quality of life.

The analysis identified seven major themes that describe what quality of life is for adults who have participated in the EFNEP program: increased knowledge, improved health, enjoyment and desire to learn, support and confidence, impact on family, a new perspective on health, and positive change. The first two themes act as the foundation in which the final five themes build upon. The results of this study indicate that participants have more knowledge to make better decisions and have utilized that knowledge to improve their overall health. Participants experienced enjoyment from participating in the classes and have shown an increased desire to learn. Participants have received support from other participants and EFNEP instructors and have more confidence in their abilities. The study signifies that family is a top priority for EFNEP participants and often a motivator for change. Participants have a new perspective on health and this new perspective has taught them to take control and be responsible for their health. Finally, all of the themes show that participants have made positive changes for a healthier life.

A quality of life evaluation tool was created from the seven themes as a way to start documenting EFNEP's effect on participant quality of life. The second objective was to establish five questions that could be asked to participants. The evaluation included five statements, rather than questions, that would be rated by participants based on the Likert Scale. The evaluation tool could be administered at program entry and exit to compare participant responses. The four statements address the themes of enjoyment and desire to learn, support and confidence, impact on family, and new perspective on health. The first two themes are important to participant quality of life, but are not addressed in the questions because it can be determined from current EFNEP evaluation procedures. The final theme of positive change is also not specifically addressed because it can be determined by how the participants complete the evaluation.

Please circle the number that best represents how you feel about the following statements.

1. I am excited and interested in learning about ways to improve my nutrition and health.
Strongly Disagree 1-----2-----3-----4-----5-----6-----7 Strongly Agree
2. I am self-confident about my health, appearance, and ability to buy and prepare food.
Strongly Disagree 1-----2-----3-----4-----5-----6-----7 Strongly Agree
3. I have people that help me make positive changes to my health and well-being.
Strongly Disagree 1-----2-----3-----4-----5-----6-----7 Strongly Agree
4. My knowledge about nutrition and health has a positive impact on my family.
Strongly Disagree 1-----2-----3-----4-----5-----6-----7 Strongly Agree
5. I feel I am in control of my health.
Strongly Disagree 1-----2-----3-----4-----5-----6-----7 Strongly Agree

In conclusion, seven themes were identified from the success stories to best describe what quality of life is to EFNEP participants. From those themes, an evaluation tool was created that could be used to determine and document EFNEP's effect on participant quality of life.

LIMITATIONS

Limitations that need to be addressed related to this study include credibility and interpretation of the success stories. The credibility and value of the success stories are based on the assumption that participants and staff submitted stories that are honest about participant progress. EFNEP staff is required to write one success story each month. There is a possibility that staff will fabricate the growth and improvement of their participants to positively reflect their job performance in order to please their superiors or provide increased job security. Another issue is that staff may assume participants are making changes since the participants were provided with adequate information and education. In actuality, participants may have made no significant modification to their lifestyle. The same concerns can be expressed about participant success stories. The researcher must assume participants are truthful about their progress. Unfortunately, participants may feel obligated to state positive change when in fact change was minimal or nonexistent.

The second major limitation is the large percentage of success stories contributed from Nebraska in comparison to the other eight states included in the study. As stated in the methods section, 892 of the 1,057 success stories were from Nebraska. Each state was asked to submit all success stories since the year 2004; therefore, the research included all available success stories from each state and did not have control over the number contributed from one state or another.

The third limitation is the interpretation of the success stories. With qualitative research, the data is subjected to personal interpretation by the researcher. If another researcher looked at these same success stories, they may identify different codes and themes. This is a common concern in qualitative research and can be addressed through various validation procedures. This research utilizes consensual validation as described in the methods section.

RECOMMENDATIONS

This research study analyzed success stories that were written between the years 2004 to 2010. Therefore, the participants and EFNEP staff had no pre-established guidelines when writing the stories. In future research, if the researcher knows they will be collecting stories for the next year, for example, it may be helpful to establish guidelines for the content and format of the success stories.

Another recommendation for future research is to conduct one-on-one or focus group interviews with EFNEP participants. This would allow the researcher to probe further and obtain a deeper understanding of how EFNEP classes affected the participant's life. This research study had to make certain assumptions because of limited information about the success stories. This limitation can be overcome in an interview setting as participants would be able to elaborate on their answers, and the researcher has the opportunity to further investigate and clarify uncertainties.

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Appendix A-1

Success Stories

QUALITATIVE STUDY TO DETERMINE QUALITY OF LIFE FACTORS
BASED ON REPOTED EFNEP SUCCESS STORIES

Success Stories 2004-2010

PN = Participant Name

IN = Instructor Name

BI = Background Information

1. The lessons that I've received have been so helpful in planning healthy meals for my family. My children enjoy raw vegetables now that I have learned how important they are for them and myself.
2. The ENP Program is very good. The ladies are very informative and keep it interesting. The recipes that they have provided have been shared with the other residents. We enjoyed the orange frosty with the dry milk and orange juice. Thank you ladies
3. How many servings should we eat from the bread cereal rice and pasta group? One client looking at the handout answered 6 to 11. She said that was too many and that she only eats 2 to 3 per day. She learned what counts as one servings size, to her surprise in her 24 hour recall she had over 7 servings. She was counting 2 cups of spaghetti as one serving and a cup of rice as one serving, 2 enchiladas as one serving with tortillas on the side. [PN] was also surprised that 1/2 of bagel was one serving and that biscuits were very high in fat and salt. Reading labels and making better food choices will be her goal for a better healthy family. [PN] enjoyed the Refrigerator Bran Muffins very much. They were just the right size serving for her child [name omitted]. She was so surprised when the ENP Nutrition Assistant told her that it had dry milk with calcium in it. She will be making the recipe instead of buying cakes and cookies for her family. She enjoys the Raisin Bran muffins.
4. [PN] thanked me for spending time talking with the class about how important it is to eat nutritious. She says she learned how to read labels on food. She also learned how much a serving size is, and how much you need a day. She says she also learned some helpful

information about preparing meals ahead of time, and how simple it is to get your nutrients daily. Referring to the food guide pyramid, [PN] said she gained some great benefits - about learning to eat right for growing healthy babies.

5. We really love the Lentil Bean Soup. It has a very good taste. Thanks for the Nutrition lesson
6. I learned to thaw meat in refrigerator instead of out. Cut vegetables first, instead of meat. The lesson on eating right and light was very encouraging. She has to be more watchful of empty calories and the fat amounts in fast foods, with the beginning of a new year, she is interested in more ways to cut back and improve on better eating habits.
7. It was very useful for me. It will help me plan healthy meals for my family. Also I will now be able to make healthier food choices for myself. The instructor was prepared, interesting and she was nice to encourage feedback from us in her class.
8. Thank you for the time you spent in the classroom. I learned how to manage my budget and how to eat healthy.
9. I enjoyed the recipe ideas very much. I plan to incorporate more cabbage and other vegetables into my diet and have been inspired to go home and make smoothies tonight.
10. I really enjoyed [IN] advice and she really showed me the importance of eating right. I'm going to start eating more beans, fish, and greens since there more healthy for me. Thank you very much!
11. From the nutrition classes I have learned how to make new recipes more nutritious and my children have liked them. I have changed from high fat to healthier choices.
12. The Expanded Nutrition Program for Extension has been very productive for our parents. It has showed them better ways to feed themselves and save money. The teacher was always punctual and with very good information. This was an excellent presentation.
13. I thank you very much for thinking about us and showing us mow to eat healthier and I thank you.
14. I liked it and I learned a lot, but most of all, to read the food labels and how to prepare vegetables. Thank you

15. I, [PN], sincerely appreciate the opportunity to participate in these classes. I learned many things I did not know. Both me and my family will benefit with the nutrition of our bodies.
16. I think the classes were very good because we learned about nutritious low fat foods and recipes to prepare.
17. I enjoyed the classes that [IN] gave from the Nutrition Program. The truth is that one learns a lot. I recommend that every person take these classes and that they will learn how to make nutritious and healthy food for their families. Thank you [IN] and every person that makes these programs possible which helps and educates us about nutrition. Thank you
18. The nutrition class has helped me to read and understand the information that is on the labels of the food that I buy. I also learned how to make nutritious and easy recipes to prepare. The classes were fun and full of information. Once again thank you.
19. I liked the nutrition classes very much. I have done almost all the recipes you have taught. Thank you for teaching us many different things.
20. For the past two years I have been attending the program of building (ENP) healthy families. When I joined the program [my] weight [was] 348 [and] I was eating all the wrong foods. This program has helped me to eat right and has showed me how to cook healthy meals for my family. Since I changed my eating habits, I have lost 40 pounds. This program is working for me and my family
21. [IN], thank you for giving us a variety of good nutritious recipes for our families. You helped us to combine various foods in different forms.
22. I learned a lot in the classes about measurements, proportions and the amount of of quantities of things. Now when I go to the store I try to check the nutrition facts to see what it contains for my family. Thank you for your time and for teaching us your stuff.
23. It is very interesting because I learned new things and how to eat healthy for one's own health and the health of my family. I would like it if you would continue to offer these classes.

24. [IN] Thank you for your recipes that made me see what I should eat and give my children. It helped me in my goal to lose weight and achieve it. The classes are of great help and I share them with my friends.
25. [IN] I would like to thank you for teaching us more about nutrition and exercise. These are two things that are very important for our health. Thanks and we hope you continue doing so.
26. Before I write a few lines of what I have learned with your classes is I would like to tell you how very thankful I am for you to motivate me to have a life that is healthy and nutritious. With your classes I learned so much, most of all what I learned how to cook with less fat and how important it is to eat vegetables and how to add vegetables to our meals. What I really did enjoy from you were the apple with peanut butter, also the ground beef with the vegetables and cabbage stir fry and other recipes you have given me and the last one was the Peanut Butter Smoothie. Thank you very much for making our lives healthier.
27. What I really enjoyed most is that following a recipe and using measuring spoons, cups, etc.
28. I really have enjoyed the lessons about nutrition, learning about fat and oils in moderation. The recipes we received apart from being healthy were very good. I have also learned about eating more fruits and vegetables.
29. I have learned that it is healthier for me and my children to eat nutritious food for our health. Also I learned to economize my budget on groceries and also to look for food with less calories. Also the importance of all food including fruits and vegetables, the calories, nutrients and vitamins. Thank you
30. Thanks so much for teaching me ideas and the proper way of eating healthy. All the recipes will be helpful for daily use. We need meals that do not contain too much fat and more nutritive value. Also that we read food labels and eat in moderation, not too much sugar nor salt and thank you for your time and patience and experience. Thank for this program that sent you to our school.

31. The recipes were magnificent. I learned about amounts from each food group that we need.
32. I have enjoyed all the recipes that you have taught us. I wish that you could keep coming back so you could teach us more. Thanks so much for teaching us all these nutritious and healthy meals so we can give to our children.
33. I have enjoyed the cooking class. I have learned the importance of good nutritious food. The benefits of each food group from MY Pyramid. After this class I will have healthy and nutritious meals and I've enjoyed the enthusiasm of my teacher.
34. One of my families never knew that when she was eating "Honey Nut Cheerios" she was having oats. By learning to read the ingredients on the foods she eats, now she knows what kind of food she is eating.
35. One young parent did not have an idea about how calories worked, the only thing she knew was that calories was something that make her "bigger". Now she is very happy to understand about calories and how they work in the body. She really likes knowing how to keep track of them.
36. A participant mentioned to me that her husband would never eat vegetables, but after the first few lessons about how important they are for our health, and different ways to cook them, he started eating them.
37. A lady in my class said her husband, kids, and her, started walking together after I stressed the importance of exercise. Also, she said she now pays more attention to the calories and "junk" food her kids eat.
38. Some grandmothers who are raising their grandchildren did not eat much and was gaining weight. I tell them it is important for them to get some exercise. Also, how important it is to still have a balance diet. They were happy to plan better diets and think of ways to get some exercise.
39. [PN] needed some ideas on how to get her kids to eat veggies, we talked about putting them in the blender and adding them to her chicken and beef stews, and sure enough she came back very happy to share the results her kids ate the soups with all the veggie vitamins.

40. [PN] thought she always needed to stop eating certain foods to lose weight, but after going through the series of lessons, she said it just made perfect sense to eat a variety of food in moderation along with daily exercising. She keeps the pyramid on her refrigerator to remind her of everything she learned from portions sizes to what she needs to shop for to keep her and her family healthy.
41. A lady at [EFNEP site] told me after the first week I came to teach the MyPyramid lesson she started paying attention to what she was eating and started to walk everyday in the morning and in a couple of weeks she had lost 2 pounds. She was very excited and committed to keeping with the new eating habits.
42. At [EFNEP site], a group of ladies started to exercise on a regular basis in the evenings after I came and talked to them about the importance of exercising everyday. There is a park near the school and they took their kids and walked or ran around the park while the kids played on the playground. They also formed a volleyball team and play small tournaments with teams from other schools.
43. [PN] did not know how to defrost frozen foods properly nor did she know that perishable foods needed to be put in the refrigerator within two hours of being out. After the EFNEP trainings, she knows how handle food the right way.
44. [PN] said she learned how to read the Nutrition facts, and how many ounces of fruits and vegetables she needs to eat a day because of the EFNEP lessons.
45. While teaching the EFNEP classes at a site this past June, I met a couple with two teenage girls who were struggling to implement healthy habits in their family. They were especially grateful for the classes and particularly enjoyed applying the things they learned from the Food Guide Pyramid lesson about serving sizes. As I was setting up to teach the last class, the Program Director came to me and said I must really have affected this couple. I replied that I was happy to hear this, I knew they were working hard, and asked how she noticed they had changed. She said that when the food boxes arrived, they were sorting through the box for their family and reading the food labels and ingredients lists. They were looking specifically for products made with whole grains, and also checking the serving size amounts so they knew ahead of time how much to serve at

meals. I was truly happy to see the changes they were making, and their newfound excitement in making changes toward a positive, healthy lifestyle.

46. While teaching a series of EFNEP classes this past September, I met [PN]. [PN] is diabetic, but truly didn't understand the effects of poor eating habits, particularly on diabetes. He mentioned he was experiencing extreme fatigue and wanted to make changes, but didn't know where to start. After the Food Guide Pyramid and Key Nutrients lessons, [PN] really began to understand how he could implement healthy habits and how doing so would positively help him. As he attended the rest of the lessons, he would share with the class the new, healthier habits he was implementing and how had were positively affected him. Not only was I happy for [PN], I appreciated the positive effect he had on the class by sharing his experiences.
47. A family was referred to EFNEP from the shelter this past March. The mother and grandmother were staying at the shelter; but, the boys were in foster care. Both adults were attending the required meeting and activities from Child Protective Services, yet they both still met with the EFNEP nutrition educator once a week during the first month. The mother was told about resources in the community which included where to go to complete her GED and apply for food stamps. The mother did take her GED exam and passed. This allowed her to apply for a Pell grant at [name omitted] College. The mother and grandmother both started classes in June. After the EFNEP meetings during April and May, the family looked for employment and housing. A trailer was rented by the family in June and CPS worked with the family to return the boys.
48. I'm pregnant with my first child. It's important now more than ever for me to make eating right a life style. The changes that I've made since taking this class are: A) fruits and/or vegetables with every meal. B) Plan your meals before you shop. Take coupons and read nutrition facts. C) How many ounces and servings of each food group you need at every meal. D) How to keep food safe. E) Eat fresh fruits/vegetables right away. F) Stay active. Be responsible for your health.
49. I have learned so much. I'm surprised I have always considered myself a very smart shopper, but I wasn't even half as smart as I thought. I had to "Make a Change". I try

not to go to fast foods, because of the fat. No soft drinks at all. I learned how to cook my meats. I read my nutrition fact (labels) on everything I buy, I compare a lot now. I'm diabetic and have 4 kids so this has helped my kids and I so much. Wow! Anything that can help my family to eat healthy and feel better is the best.

50. Thank you for the handouts you provided. I was looking at the recipe book last night, and I noticed that all the recipes are healthy and cost effective; as an added bonus, most of them do not contain meat. The reason I like that is that my wife is a vegetarian. So while I teach my stepson to cook with simple recipes like the ones in the book, I will have things that are appropriate for a 3-year old to participate in preparing, and a finished result that the whole family can consume, and are good for us.
51. After attending only 7 classes, I had learned enough about nutrition and healthy eating that I was able to write my final exam for English. I wrote about the amount of sugar most people consume daily, why it is bad, and substitutes for the sugary snacks we consume. I also wrote about why it is so important for younger adults and teens to get plenty of calcium, and easy ways to get it. I have enough knowledge now that I will be able to teach my daughter good eating habits right from her first meal.
52. Thank you for the opportunity to relearn some key nutritional concepts! It's really made a difference in my family. Last week's lesson about whole grains really impacted me. Since then, we have adjusted many of our meals and snacks to include more whole grains and less processed foods! I'm excited about working more fruits and vegetables into each meal.
53. I am writing in regards to Healthy Families program at job services. [IN] was the instructor and I just need to let you know that she helped me and my family so much. My mother just found out she has high cholesterol and blood pressure as well as diabetes. We had no idea how to make a drastic change in our diets. [IN] came into my life and gave me hope. She explained every aspect of the four food groups in extreme detail as well as what they do, how they work, and why they are good for us. Many of the other information she shared with us, many recipes, and a new way to look at food – is effective and hits you in the forehead. I learned from [IN] how to help my mom and that

it's priceless. [IN] was organized and planned well. Her information presented was well understood.

54. I have been doing more exercising and watching what I am eating. It really gave me a bigger outlook on my children and my way of eating and exercising.
55. I would like to thank you for the opportunity you gave me to learn how to feed my children in a better way. And because thanks to the classes my children showed more interest in what we eat. My oldest daughter showed more interest in the food we bought at the store regarding the food we prepared at home because she made a habit of reading the ingredients list and reading the nutrition facts label. The classes taught me another way to share with my family by planning meals together and more importantly they're healthy choices.
56. I want to thank you for making the effort to give the nutrition classes because I learned a lot of new, very important ideas for me and my family's health. This class has also helped me in my pregnancy and I can be sure my baby is going to arrive healthy into this world. I hope you continue to offer this class and thank you for helping the community.
57. My family is from Argentina and we eat "the meat way" there, so I'm so glad I took the nutrition classes because I learned a lot of tips that I can use to improve my family's eating. I now check labels and understand what they are for and how to use the information for my diet. Measuring, taking temperatures of meats, and making a list before going to buy groceries are all things that I have learned from the classes. I also shared information with a friend and she has been asking me questions wanting to know more. Even my husband is using the stretchy-band while he is in front of the TV. This class is great and I am going to learn all that I learned. I'm sure my family is going to eat healthy now.
58. I want to say thanks for this good program. I was very interested to learn about exercises, fruits, and vegetables. I was very impressed to find out how much sugar is in just one soda from the demonstration done in class. I learned how to read the nutrition label on a box or can. When I attended the class on vegetables I was very surprised to learn about one vegetable we do not usually eat. I had never seen a cauliflower before. I tried it and

enjoyed its flavor so much – now I use it all the time in my recipes. I learned that it's very important to have a variety of vegetables in our meals. I'm glad that this program was able to reach our Hispanic community and teach us the importance of eating a variety of low fat and healthy foods, and to live an active lifestyle. I want to thank you over and over again for making this educational program available to all families in need. This program has really opened my eyes to the importance of an active and healthy lifestyle.

59. This program has helped me very much to change my eating habits. I am learning how to buy healthy food, compare prices, and read the nutrition facts label. I have a special situation which is that I cannot drink milk because I am lactose intolerant. After attending the class for basic nutrition, I was told where I could find milk that is lactose free. I never thought I would be able to drink milk and take less calcium supplements. I am so thankful for people like you in our community for helping us to learn about how we should feed our kids, ourselves, and other members of our family.
60. I believe that this program has made a dramatic change in my family, my eating habits, and the overall nutrition in my family. Our instructor was very caring and compassionate and sweet to all of us. She was a great teacher and she really knows what she is teaching. It is even more exciting that she practices her teachings in her own family rather than only teaching nutrition because it's her job. She is very passionate about her work and her students.
61. This program helped me think differently about food. When the teacher talked about eating veggies on a daily basis she said, "it is like having a broom clean you inside." I also like learning about prices. Now I always check to see how much fat a food a food has.
62. The recipes from the classes are awesome. I've been making them at home, and then taking the food to my church. We serve meals there twice a week and I get compliments every time. They are both healthy and tasty. Thank You!
63. I want to thank you with all my heart for the magnificent idea of educating people with these wonderful classes. These classes have changed my family and my own life forever.

They have changed my thinking about how important it is to take care of our health with good nutrition.

64. I have thoroughly enjoyed taking these classes. I've learned important skills in the kitchen like how to properly thaw meat, how to eat healthier for me and my family, and how to shop smarter. I've learned those things plus much more that I will use and tell others about for the rest of my life.
65. The nutrition classes were very informative and I am grateful for the lessons. I also have a wheat allergy and the teacher was very considerate of me when choosing what snacks to bring to the class. I am very appreciative. I learned a lot regarding better products to buy for healthier choices. I really enjoyed the courses and feel they have will continue to benefit my food choices.
66. I want to thank you for making these classes available because in my case, they have helped me a lot in the way I do my shopping now, as far as how to compare each product price and more importantly, I learned how to use the meat thermometer. I am also thankful for the educator for having the patience to repeat what we did not understand and making us aware of how important it is to eat healthy. Thank You!!
67. I really enjoyed the program. The instructor was great, very down to earth. She also made sure that anything we didn't understand to make sure we were able to make sense of it. The only thing I would change is that I wish it was more than just once a week. The lessons are very informative and the end results were excellent. You can't ask for a better way to learn about food making for your children. I'm truly thankful for everyone involved with this.
68. A former client stopped by the office. She had graduated from EFNEP 5 years ago after moving to [State] from India. Now she was moving away from the area, and wanted to take the time to say thanks for all the help over the years with recipes, food preparation, answering her many questions and general support. She said that she would not forget EFNEP and how we helped her settle into this country. She asked if she could still call if she had questions because she wants to stay in touch. She said that one of her goals is to help someone else as much as EFNEP and "her nutrition educator" helped her.

69. A participant reported “I learned the amounts servings to eat for the calories I need. I tried new foods when we sampled recipes that I didn’t know anything about and now I will add them to my diet.”
70. A client said “In the past I never thought to save money and eat healthy food. Since I participated in the EFNEP classes, I lost 5 pounds and also saved \$20 by cutting down on junk food. This was a very interesting class.”
71. At a new parent class, a participant asked if a bottle of prepared infant formula left at room temperature would be safe to give to baby. After her question was answered by the EFNEP educator, the mother said she hadn’t realized that leaving a ½ bottle out of the refrigerator for two hours, then feeding a child the rest of the bottle, was an unsafe practice. She was glad to know this information.
72. A EFNEP graduate said: “My son was placed into foster care system, then my wife and I divorced. I attended classes at [EFNEP site]. I knew very little about feeding small children. Through the EFNEP classes I learned the importance of family meal time, eating a variety of fruits and vegetables, and including dairy foods in my meal plan. My son was returned to my custody. I have been his father for 2 years now and we eat our meals together every night.”
73. Some of our EFNEP counties teach families that are ordered by the court to attend. Here is an account of a recent success: “The EFNEP nutrition and budgeting classes have been a challenge for me! When I was ordered to take these classes I thought “Why?” I don’t need THAT! My mom always has something for me. But they said if I wanted my baby back, I needed to live in a different house than my parents. During my first class I thought I have no idea what she (the EFNEP NA) is talking about -- portions, ounces, food groups? During my second class when she asked me a question about measurement- ounces, cups, sizes and portions, and ‘how was I going to be able to feed my baby without knowing the basic info?’ It was at moment that it really shocked me and I realized “I really need this class!” Today I am very happy. I am renting my own apartment. I quit drinking sodas. I eat breakfast everyday. (I never did before because my shift rotates every two weeks) I am taking my lunch to work. I learned how to measure a

cup for my baby's bottle and what surprised me more -- I found myself in the kitchen . . . doing what? Cooking! That was a big surprise.”

74. From our EFNEP youth program in [EFNEP site] – A first grade student, who learned how to wash his hands during the EFNEP “Body Battles” lesson, took his hand washing poster home to show his parents. His mom helped him hang the poster in their bathroom and now everyone in his family washes their hands after using the bathroom, “even dad.”
75. A teen mom in a EFNEP class reported during a group food safety lesson that she kept her eggs in the cupboard at home, and so did her mom. Before the nutrition educator had a chance to speak, another class member pointed out that the egg carton says “keep refrigerated.” The first participant said she was going to put her eggs in the refrigerator when she got home, and tell her mother, too. This EFNEP lesson positively affected three generations – the participant, her mother and her young child.
76. [BI] One single parent father, like many others, commented “what is that”, thus providing opportunity to talk about the risks of leaving baby bottles or food set out at room temperature. The father was surprised to learn about bacterial growth. He described his current practice of warming the baby bottle before he went to bed and leaving it on his night stand so that it was convenient for when the baby awoke to eat sometime during the night. After learning about the potential for bacteria growth when leaving formula at room temperature, he decided he would not do the practice any longer.
77. [BI] One client recently completed the online lessons and verbally shared that the lessons were a useful refresher in healthy eating. [BI] She also commented that it was very helpful to learn at her own pace. Learning at home provides an alternative avenue of nutrition education for parents with children who are unable to otherwise participate in nutrition education because of their busy schedules.
78. [BI] Most of the participants were concerned about not getting enough milk at the [EFNEP site] and they hadn’t consumed much milk before. The NEP staff went to the [EFNEP site’s] food pantry and found there was much powdered milk in storage. On our next visit to the group, the NEP staff talked about ways to use powdered milk with a variety of recipes. We made zebra cups that included making pudding from powdered

milk, bananas and cereal. It was amazing how this group is trying to make an effort to get a balanced meal every day. Their exit 24-hour food recalls indicated the participants had accomplished their goals.

79. During a WIC visit this month, I had a client who had attended nutrition classes 2 years ago at [EFNEP site]. She informed me how NEP has had a positive impact on her nutrition and food resource management practices. The client commented that she thought meal planning and shopping lists were too time consuming to use, but now understood how it would save her time in the grocery store. She learned from NEP how to read food labels in order to help her choose healthier food. At the end of the visit, she shared that before attending NEP classes, her food stamps did not last for the month; now she can make it work for the month.
80. [BI] After discussing portion sizes of foods in the milk group, one girls' comment showed that she was processing the information. "If I eat more cottage cheese to get the calcium, I would be eating more calories and fat (than the milk)". She came to understand that milk was a nutrient dense source of calcium compared to some other dairy foods; i.e., cottage cheese and ice cream. She understood that she would have to consume a large portion of cottage cheese which would mean a greater number of calories and fat to achieve the desired amount of calcium. Being aware of appropriate portion sizes will help this client maintain a healthy weight.
81. [BI] [PN] shared how NEP benefitted her family through the discussion of food safety, healthy drinks, fruit and vegetables, portion distortion, and shopping and menu planning. [PN] realized that she wants to set a good example for her kids. She shared with me her positive attitude with the following comments: I told my husband that we need to start eating healthy and set a good example for our kids. Our shopping cart now is full of fruits and vegetables; in the past it used to be full of processed and junk food. We saved a lot of money just by purchasing fruits and vegetables and quit drinking soda. I stopped thawing frozen food on the counter after you showed me the rice containers that showed the number of germs multiplying by leaving food at room temperature more than two hours. I stopped adding salt to my food after realizing it is not good for my health. We

are trying to cut down the amount of red meat and substitute it with beans that we get from WIC. Next visit you will be surprised how much weight I have lost.

82. [BI] The girls evaluated the texture, color and flavor (of vegetable) for the various cooking methods. Several girls commented they liked the activity. This was done in conjunction with a lesson on fruits and vegetables. One of the girls shared that she really appreciates the different materials that I bring, that it helps her learn, and she likes to take it with her after the lesson.
83. Working one-on-one with a home visit client who has cerebral palsy, we talked about MyPyramid. She said the food group that she could most improve on was the vegetable group. She made a goal to eat at least one vegetable with her supper five of seven nights for the coming week. On a piece of paper, I wrote down her goal and wrote down the days of the week with a line beside them so that she could mark the days she ate a vegetable for supper. We taped this to her refrigerator door by the handle. I visited with her again last week, and she achieved her goal!!
84. [BI] During the lesson, we discussed the benefits of following MyPyramid which none of the participants had heard of or had seen the new Dietary Guidelines before. The participants started asking questions and sharing their thoughts about each food group. The group liked the chili recipe even though they just had supper a couple of minutes before the class. They also liked the combination of different beans. At the end of the class, the participants not only learned about food groups and the impact on their health, but they also applied what they learned during the class through making suggestions to the lady that informed the group that she had not had any food all day long. The group informed the NEP staff that they learned many things and would like to learn more on the next visit. The group was very excited that they had the option to look at the NEP calendar and choose the recipe that they will make next meeting.
85. As [PN] waited at WIC, she was scanning the cookbook and then noticed the menu planners and grocery lists on the WIC table. She came over and said, "I always use these, but ran out of them. I take the grocery list with me every time I go grocery shopping." I encouraged her to make copies and to keep using them.

86. Another participant at another WIC site said that she had been scanning the internet for a grocery list but hadn't found one she liked. When she saw the NEP grocery list, she said, "This is exactly what I was looking for!"
87. [BI] She said that she liked to cook, but it was difficult and not too much fun to cook for just her and her daughter. She was buying already prepared meals and was concerned because it wasn't as healthy as it could be and expensive. She commented that even when she made Hamburger Helper, she had leftovers and didn't enjoy eating the same thing. I showed her the fact sheet that had the casserole mix and we discussed making her own casseroles. She looked at the recipe and said, "I have everything in that at home. She said that her neighbor encouraged her to make spaghetti sauce for two meals and freeze half. We also discussed browning enough meat for two meals, using half and freezing/refrigerating half. She looked at other fact sheets we had on-line and took down the web address so that she could look at them at her mother's house.
88. I will eat more baked food and more veggies and fruits.
89. I will eat more healthier foods and read labels.
90. I will definitely eat healthy foods and read labels closely. The last day about the fats blew me away
91. I learned how unhealthy I was really eating. I will eat more healthy food in the near future.
92. Most of the foods that I thought were healthy were not. I will read nutrition facts and eat more greens.
93. I learned about making something healthy taste good. I plan on eating a low fat and low sodium diet.
94. During a WIC appointment this month, it was time for [PN] to be graduated. She had received the required number of lessons through the family gathering group at [EFNEP site]. When she originally entered the program, she thawed meats on the counter "*Almost always*". During the Food Safety lesson, we talked about the importance of not thawing meat on the counter and other safer alternatives. As she was answering her exit interview questions, she commented that between the NEP lessons and what she learned from WIC, she wouldn't ever think of setting

meat out on the counter to thaw. Looking over the exit questions, I noticed she marked “*Never*” to “How often do you thaw frozen foods at room temperature?” [PN] improved her practice in areas of planning meals in advance, reading food labels and comparing prices when shopping. She added that she is trying to make a balanced meal every day for her family. The exit 24-hour food recall and exit survey indicated that she did accomplish her goals regarding food safety, food resource management and nutrition practice.

95. A WIC participant was completing her lessons by taking the last four lessons by mail. When she answered her goal question on milk, she stated that she had already started using “lowfat everything”
96. When speaking to a recent NEP graduate at a WIC site, I asked her if she had learned anything from her lessons. She said that she uses the casserole mix in the Food Preparation Manual instead of canned soups all of the time.
97. I visited with a NEP graduate who has four children when she came to the Health Department WIC. She said that she has started to wash and prepare fresh fruits and put them in her refrigerator for her children when they want snacks. She picks a fruit like grapes or cantaloupe and they are the snack until they are gone. She was surprised by how many grapes they ate. She went on to say that she thought they were eating fewer snacks than when they were eating the snack cakes and doughnuts that they used to eat. She also thinks that the fruit is less expensive than the snack cakes. She had talked over her snack plan with her husband and he was okay with it. She thinks this is something that she will continue.
98. [BI] It was funny when two participants informed me that the husbands noticed that the wives reduced the serving sizes of the bread that they bake at home and also reduced the amount of food they serve at mealtime. The wives shared with their husbands the nutrition information they gained from the class regarding the serving sizes and portion distortion.
99. Another participant kept track of everything she ate during the last 24 hours to check if she or her family was lacking any nutrients.

100. One of the participants who doesn't consume milk or include it in her diet, didn't attend the first lesson. It appears that the rest of the group know the lady very well and they started informing her that she needs to drink milk because the consequences of not having calcium in her diet are very serious.
101. At a recent home visit, the participant marveled how easily we had put a meal together. She said, "That would have taken me all day, but it just went together so quickly." She sat down and wanted to start making her menus for the coming week while looking at the cookbook. During the food preparation, I washed the top of a can. She said that she had never thought about that. She also hadn't been checking her cans for dents.
102. [BI] Each week they indicate they have made the foods that were prepared at the lesson. They each take turns planning and preparing meals at this facility and they have commented on how the lessons help them do this.
103. The residents have a garden and asked me to teach them how to use the vegetables, specifically eggplant. I taught them how to make an eggplant main dish; they all loved it and ate it. It is now in their menu plan and will continue to be as they harvest more eggplant. I also taught them menu planning and shopping using the worksheet, and they now all work together and plan menus. The director of the center said it always used to be just one person doing that and she was elated to see them working together. To save money, they are including all their garden produce within their menu plans.
104. [BI] One participant told me that this program is very good and he has been learning a lot about cooking and shopping. He said his wife is working in the morning and he works in the afternoon so he needs to learn more about feeding his family.
105. I have had several home visits with a father who has young children. I would never imagine how much he has learned in NEP. First of all, his wife never wanted to participate in classes for nutrition so he took them instead. With all he has learned he feels great physically, and is on the up-and-up with his families well being. He cooks and he is the one who makes the shopping list and buys the foods. He also told me that his wife is beginning to show an interest in learning more about nutrition. This participant says "Thanks to NEP for the help we have provided."

106. [PN] is a single father with two young children. [BI] He was very happy to get one of our meal planning forms. He had been trying to keep it straight in his head. We planned a weeks menu and shopping list. When he was leaving he said, "I am determined that my daughters grow up eating better than I did as a child."
107. The last time I was at WIC, I was teaching two ladies about vegetables and one of them shared with us about how this program has helped her a lot with her family. Because now her family is eating healthy. She said that when she prepares the meals she is always putting vegetables and her kids at times tell her they don't like certain vegetables but what she tries to do is to try to teach them how to eat them, she doesn't get mad in fact she tells them "You have to eat your vegetables" they don't get mad. The same lady also told me that she learned in the lesson on Feeding Your Children. Especially when we teach and say "You have the responsibility to prepare healthy food and your children decide how much they will eat." With the other lady she just paid a lot of attention to what this lady was saying and she said that she learned a lot from her and about what she does with her family.
108. [PN] is a grandmother that is raising her grandchildren. She is reluctant to come for nutrition education at WIC. This month we talked about the importance of vegetables in the diet. She was surprised to learn to choose the darker colored fresh vegetables for more beta carotene and that cooking them in water makes them lose some of their nutrients. We talked about inexpensive ways to steam them. As she was leaving she commented, "I learned something new today."
109. I did a vegetable lesson with a client and asked her if she had any questions or if there were any other information she needed. She shared that her daughter had recently had adenoid surgery and she wasn't able to give her any foods with citric acid for two weeks until her next doctor's appointment. She was concerned about her daughter getting enough Vitamin C from her daily vitamin pill. I was able to give her the handout "Facts about Vitamin C". We discussed other foods that contain Vitamin C that she could offer her daughter. She had options of adding some vegetables such as broccoli, baked potato, fruits such a cantaloupe, other melons, and peppers.

110. This month I worked with a couple from the homeless shelter here in [state]. When I was through teaching them the six lessons to get their cookbook and certificates, the husband asked me how many more lessons until they graduated. I told him that they had completed the required number. He wanted to know what other lessons I could give them. Before I was done listing the other classes we can teach, they were both saying that they would like all of them. They were eager to learn, attentive and excited about the cookbooks and the certificates. It may have been a long time since either one of them had been successful at something. They were going to look through the cookbook to see what they could make from the supplies that were at the homeless shelter for their next supper.
111. Andrea is a young mother in the WIC program. When she came for her nutrition ed in January, she was concerned because her school age child was low on iron. We went over the “Learn at Home - Feeding Young Children” handout and talked about foods that are good sources of iron. We also talked about combining sources of iron with vitamin C for more absorption. As she was leaving she thanked me and said, “I learned something new today!”
112. This month I taught my first Sudanese couple, who have 6 children. The husband speaks English pretty well and has to translate everything to his wife who does not speak English. They want very much to learn about nutrition. Most staple items are bought locally. The family is basically eating traditional Sudanese foods. We discussed the amount of the foods they should be eating according to MyPyramid. The husband laughs and talks to his wife in Sudanese. He then tells me how much he usually drinks and eats, which does not follow the pyramid at all. He then says, “I better eat right way”
113. [PN] is a grandmother that is raising 3 grandchildren. When the children came to live with her, they did not eat well. Each time she has come to nutrition education, she has had many questions regarding the children’s diet. This month she was proud to tell me they are eating well and the five year old helps her decide what to plan for meals.
114. [BI] Her husband shared that he does the evening meal preparation and would like recipes to be able to have ready to use. He felt the need with two children under two and

a baby due in three weeks they needed to get organized with their meal planning and preparation. Before my next visit I gave them the assignment to plan two weeks meals and start gathering the current recipes that they are using. They are also going to inventory their kitchen so they know what they already have and what is needed to have a well stocked kitchen I will bring them a recipe box and we will begin putting in recipes for them. I was greatly encouraged that the husband and wife were willing to work together on this project to do a better job of feeding their family.

115. When I was in the WIC office last week I was teaching two ladies about MyPyramid. I was explaining how many ounces of grains we need to eat in each meal. The boy who came with one of the participants opened his eyes and was really paying attention. Then the boy said, "Mom you need to learn more about this." The mom responded to him, "Yes but you need to listen when I tell you what kind of snack you need to eat." The lady invited me the next month for a home visit because she wants to learn more.
116. This client has already graduated from the NEP program. When this WIC client came to her nutrition lesson, I asked her if she had any nutrition questions. She replied that she wanted some information about trans fat. I taught her the lesson on Eating Right and Light. I also encouraged her to be sure to read her food labels when shopping since trans fats need to now be listed on food items. She shared that she was baking more foods rather than deep fat frying or frying. She said she would continue to cut high fat food items from the meals she prepares for her family.
117. I have been working with a Sudanese couple and completed their final lesson this month. The husband said, "You teach me good. I never knew to look at can or box before and now I do. I never wrote down where money goes and it went. Now I write it on paper and I know where it goes. Utilities, rent, food; it is there. I learned a lot from you. You are a good teacher." The evaluation of what they learned shows they did learn a great deal.
118. Last week when I was in the office WIC three different ladies came to me at different times who did not have WIC appointments. One of the ladies came to me and asked me if she could sit down and listen to the lesson that I was teaching someone else. I said yes.

She was paying attention and after I finished the lesson she wanted to stay for the next lesson, but it was impossible because more people arrived who had scheduled appointments. When she was leaving the room she thanked me for letting her stay and listen. The second lady came to me and she asked me about Home Visits - because she and her husband have health problems and her grandson is overweight. We set a date for the next Home Visit. The third lady asked me for Home Visits because one of her friends has a 2 year old girl, who is overweight.

119. This client was a referral for home visits from a local agency. Through a series of five home visits I have taught this client six lessons. She was interested in learning food preparation skills and putting a recipe box together to have lower fat recipes to fix for her and her daughter. She prepared menus for a three week period and we reviewed them together. She then prepared a shopping list for one week's meals. We went to the grocery store and purchased the foods on her shopping list. This gave me the opportunity to have her read and study many food labels. She was very surprised at the level of saturated fats, sugars, and sodium found in the food items that she usually purchased. After reading the labels she selected different food items to buy. She plans to continue to make changes in the foods she purchases and prepares for her family.
120. [BI] At both schools the parents said, "I learned something today. I didn't know you shouldn't use paper towels made of recycled material in the microwave." Similar comments were made by site staff about using margarine containers in the microwave.
121. When I was doing my home visits with 2 different families at different times, they both asked me for more lessons that same day. They are very grateful with this program and they said thanks.
122. When I'm teaching in the WIC office most of the mothers share with me how had helping this program because now they are saving more money they are eating healthy and they are helping more to other mothers that they need help.
123. [BI] She was very interested in changing her eating habits to go with her new job. She explained that dieting has never worked for her and so she was ready to use the food pyramid to eat healthier instead of dieting. She has already started walking and will

continue to exercise in addition to change her families food habits. She shared that they have added fresh vegetables, fruits, and whole grains along with smaller portions to their mealtimes. I encouraged her to keep up the good work.

124. [Participant] is a young mother of two small children. She is a WIC recipient.

[Participant] picked up her cookbook and certificate this month. When I gave it to her she said, "I have never had a cookbook, I have recipes but never a cookbook." She was very proud to have received it.

125. I have been working with a client doing home visits. She has three children under the age of 3 and was interested in planning meals she could cook for her family. I took her a recipe box and several of our NEP recipe sheets. She worked very diligently to copy the recipes and organize her recipe box. She also got a three- ring notebook and we organized the other recipe sheets in that notebook. I continued to go to her home to help her with her food preparation skills. She chose several recipes she wanted to try and we worked together to make the foods. In the time I worked with her teaching her to cook she gained confidence in herself. After first when I would come she would wait for me to start after several weeks she would have everything ready when I would arrive and many times she would have already started making the recipe. She also made a list of recipes she wanted to make including a shopping list of ingredients she needed. While I worked with her she was able to buy a few cooking utensils to update her kitchen. It is very encouraging when a client is interested in wanting to do better for her family.

126. I had several successful home visits this month. One particular participant had moved and I was excited when I finally located her again. When I arrived at her house she was waiting for me and invited me to sit down. I started to teach the lessons on Shopping and MyPyramid. She was paying attention and said she spends a lot of money at the store because she tries to think what she needs to cook for the week. Most of the time she is buying more than she needs. She invited me to come back to her house because she wants to learn more about NEP.

127. I am working with women at the crisis shelters. These women are very interested in learning about nutrition and bettering their health. The stressful situation that they are in,

for some, influences what they have eaten in the past 24 hours. One woman, as I was teaching her, would say “I didn’t know that!” and we would discuss it in more detail.

128. At the WIC clinic, I had a nutrition lesson with a client I had done home visits with.

She commented that she was continuing to make the recipes we made together. She had company the past weekend and she made the skillet lasagna from the NEP cookbook and potato salad. Her company commented how good the food was. This client also shared she is noticing a difference in their food budget since they are not eating out as much. I encouraged her to keep up the good work and to remember to be sure to add fruits and vegetables to her daily menus she plans.

129. A client at one of the [EFNEP sites] I go to said this to me, “I thought I knew a lot about nutrition but you are teaching me things I didn’t know!”

130. I had good experiences with both home visits and WIC this month. I can see people are more interested in our program. Some of the ladies that I taught the shopping and meal planning lessons to last month, contacted me to share how that are taking more time in the store reading labels and looking for the best prices. They are very happy because they are saving money and buying healthier foods.

131. [PN] is a single mother of three children. She has a very limited income. Our lesson for July was Meal Planning. Her goal was to make her food stamps last all month. She said they would eat less fast food because she will have the food on hand to prepare the evening meal.

132. This month I taught a participant at the WIC office the shopping lesson. When I asked if she used a shopping list, her response was that, no she did not, because she felt it took too much time to make a list. After the lesson she had decided that she would make a list next time before shopping and would plan her meals ahead of time.

133. I started lessons with a single mother of a 2 year old. After our second visit, she told me that she was so thankful that I was helping her. She hasn’t been eating well nor feeding her child in healthy ways. She has other issues as well, like credit card debt, babysitters to pay, cell phone and doctor debts. She has felt so alone not knowing what

to do or which direction to take to get her out of debt. “I feel like I am drowning.” She is dedicated to improving her lifestyle and to become debt free.

134. As I have prepared to retire, I have taken time to recall some of the families I have worked with. I truly believe this program makes a huge difference in the lives of Nebraska families. The influence we have had on the nutrition for families, from newborn to the parents have greatly affected the health of these families. I hope there will be funding for this program for many years to come.
135. I am working with a couple that they both are sightless. The woman has very limited vision and the man can only see some light. They have a ten-month old baby. Their diet has consisted mainly of ramen noodles and boxed macaroni and cheese. I began by teaching them about the food pyramid and encouraging them to try to improve their nutrition by eating the recommended amount of each food group. We inventoried their pantry and made a list in large print of what they had in their pantry. I also provided some recipes in large print. I made them a shopping list in large print to use to keep track of what they need to buy at the store. On my last visit the couple shared that they had made several dishes with their pantry items. They are gradually making improvements.
136. I have a client at [EFNEP site] that was a wrestler in high school and has since gained considerable weight. He is very interested in the nutrition classes and asks a lot of questions. The first lesson I taught about the food pyramid give him the information he needed to eat more nutritious foods. On the third lesson, he shared that his blood pressure has dropped and he has lost 20 pounds by eating more nutritious foods from the food groups and limiting his portions. He also is doing a lot of walking for exercise.
137. I have been working with one challenging family over the past several months. Two members of this family are obese. After teaching them about MyPyramid, they are choosing more healthful foods and they are very grateful because of this help to their family. They said thanks to NEP.
138. While doing graduate six month follow-up surveys, one female stated that she has started using a grocery list. She indicated that it was hard getting started, but she is now more organized, her meals are more nutritious, and she spends less time in the store.

Another graduate said during her follow-up survey, “My children are eating more vegetables now that I’ve learned new ways to add vegetables to our meals.”

139. I was reviewing information for a game that I was planning to introduce to a youth group. I asked the ladies that work for WIC (two dietitians and one clerk) if I could ask them a few questions to help me develop the game. I asked what was the safest way to thaw frozen meat. The clerk quickly said, “In the bottom of the refrigerator, I bet you didn’t know I was listening to the information you teach the participants.” As a result of EFNEP staff teaching within the WIC office, WIC staff also learns and passes on this information to WIC clients, friends and family.
140. The clients enjoyed learning how to make inexpensive, quick and easy meals that their entire family would enjoy. Many of the women reported back that they are making these recipes for their families. As well as making other recipes from our cookbook that were not made in class. Another highlight of the class as reported by the participants was watching a video and doing an activity that taught them how to effectively manage their finances. A month after these series of classes concluded we received a call from one of the graduates. She stated that she went to the doctor yesterday and had lost 12 pounds because she was cooking more nutritious meals and eating smaller portion sizes. She hadn’t even realized she was losing weight and that she had only made small, easy changes. She also requested more classes. We will be setting up more classes next month.
141. Since [PN] has taken the EFNEP classes she has been able to make many changes due to the information that she learned. She doesn’t use that much oil any more when she cooks and began buying the oil in the spray can like I had suggested. She said she has been able to save money by cutting back on how much oil she uses as well. She told me she tried some of the recipes that I gave her and her kids did enjoy them very much. Her kids also still liked her noodles and rice even though she told me she no longer continues to fry them.
142. [PN] told me that meal planning has helped her a lot. She used to go grocery shopping every Saturday and by Thursday had already run out of food. She said that after the

EFNEP classes she began making a menu and planning meals, and because of this she no longer runs out of food before the next time she goes grocery shopping. The classes have also really helped her to understand how to read labels and understand the benefits of making smart choices when she goes shopping. She told me she was glad that I still go to the WIC office so that she can find me and be able to continue to learn more about eating healthy.

143. [PN] is a young military mom taking care of two children and going to school to get her degree in Psychology. She is doing this all while her husband is deployed with the military. She had told me that she knew about eating healthy, however she didn't have the time to eat healthy since her husband has been gone. She even said she felt guilty at times because her kids would sometimes end up eating fast food or snacks that were high in sugar because she just didn't have time. I talked to her and suggested that she begin planning her meals. Even though it would take some time initially to sit down and make a plan I assured her that in the long-run it would give her more time to eat healthy and help her save money. One of the days that I had gone to WIC I found on my desk a Meal Planning and Shopping List that [PN] had made for herself on her computer at home. Needless to say, that made me feel very good. Looking at the menu, she still could improve a little, however it was a great start. I called [PN] to congratulate her and told her that she should be proud in taking the extra time to be a good mom and make sure her family eats healthy.
144. [PN] told me the EFNEP classes really helped her. Just after taking the class she had gone to the doctor and found out that she had high blood pressure. Because of what she had learned in the classes, she is now able to read the labels and control the amount of her sodium intake.
145. [PN] told me that her husband has high cholesterol and what had helped her a lot in the EFNEP classes was learning how to understand the food labels. The classes also helped her understand the difference between the different types of fat, and what foods can raise the level of her cholesterol.

146. When I was at the WIC office one day, a lady had come up to me and told me that she loved the “I Love the Beans Cookbook” that I had given her last month. She told me she had been cooking and eating beans almost every day and thought that the recipes in the book were awesome. She mentioned that she could not wait to graduate from the program just so she could receive the other cookbooks that I had showed her.
147. [PN] graduated from the NEP in October of 2007. She was in our program for nine months. [PN] had a little weight problem and her goal was to lose 20 pounds. We did several lessons starting with My Pyramid, Breakfast, Choosing Healthy Snacks, Eating Right & Light, etc. She said the lesson that helped the most with her weight control was Choosing Healthy Snacks. She is now eating more fruits, drinking more water, eating less chocolate and eating only a few potato chips. [PN] did lose the 20 pounds and her new goal is to maintain her weight
148. While making graduate follow up calls one of my participants indicated she increased consumption of fruits and vegetables and decreased her intake of foods from the grain group. She realized she was eating more grains than recommended. Another participant stated during a graduate follow up call that she had found new ways to add vegetables to her family’s diet. It is exciting that six months after graduating a client they are still making positive dietary changes.
149. This month I did several calls on my clients who graduated from the EFNEP program six months ago. I was very pleased that the lady I was talking to remembered taking the class and stated how much she had enjoyed it. As I questioned her she had improved on several things. She no longer leaves frozen meat to thaw on her kitchen counter, she is trying to select healthier foods and she said she is cooking more at home instead having fast foods for her children. She stated how the class made her more aware of the food she ate and how she had several healthy choices to select from when she wanted to. This was a client that did not drink water and now she is trying to drink water everyday and teach her children to do the same.
150. [PN] is 36 years old mother of two children, and eight year old daughter and a one year old son. When I met [PN] at WIC in July 2007, she was wearing a size 24 and her

goal was to get down to a size 14. This was what she believed was the perfect size. She had a great personality; always willing to listen and learn. She was willing to drink more water, stop frying all of her food, eat more vegetables to get full, and started walking. [PN] graduated from the EFNEP program in January 2008. She hasn't reached her goal yet, but she went from a size 24 to a size 18 in six months. She is certainly on her way to her perfect size.

151. EFNEP and WIC staff got together and made February "Beans are Good for the Heart" month. We wanted to encourage the WIC clients to eat more beans. [BI] Two of the participants said they didn't like beans but after trying the recipes they changed their minds. Furthermore, all but two clients tried our bean recipes and liked them. Most of them stated that they would try these recipes at home. The food, the prizes and the guess how many beans game added extra interest to this event. Participants said they look forward to many more of these events!
152. Today I had the pleasure of teaching at [EFNEP site]. While the class was small, one woman in particular stood out. The first week she was very quiet, but today she had questions and responded in such a positive way she got the class to ask questions as well. Her enthusiasm spread not only to the class but also to me. It is a joy to teach in this type of environment. She told how she was trying to teach her grandmother how to cook with vegetable oil instead of butter and lard. She broiled salmon and her grandmother enjoyed it especially since she had never eaten broiled fish or salmon. She thanked me for teaching the class and for her cookbook. She enjoyed the class and I enjoyed teaching her.
153. On June 19, while I was working at WIC, one of the ladies that attended class at the [EFNEP site] was there to pick up her vouchers. She called out to me as I passed by, so I stopped to talk and see her new little baby girl (she was cute). At that time, she told me that the information I provided concerning budgeting was very helpful now that she is on her own.
154. My success story is about a participant who has high cholesterol and eats very few fruits and vegetables. After talking with her about the MyPyramid recommendation of

eating 2.5 cups of vegetables and 2 cups of fruit each day, she still wasn't interested in eating more. We then talked about all of the nutrients in fruits and vegetables. She was surprised what she was missing and is now eating more from these two food groups.

155. One of my clients has made a lot of progress. Food Safety has been a real problem for her. The refrigerator is now clean inside and out. The kitchen counters are clean. There are no dirty dishes left in the sink. The clutter, empty pizza boxes, bugs, and papers are disappearing. Every time I visit her I can see progress is being made. She reads and studies what we have discussed the time before. She asks me questions about things she has read in the information I have given her or things she has read on the internet. We are also making progress in food preparation. Each time I go she has picked out a recipe from the NEP calendar for us to make together for their supper that night. When I was there last week she thanked me for helping her learn how to read a recipe, planning, preparing a shopping list, and having the confidence to actually make something to eat. Her husband usually does the cooking because she is afraid of using the stove. We have been working on easy recipes that she can make without using the stove top. Her habits and her confidence are improving each and every time we meet.

156. I had a new client at WIC and I was teaching her about the Food Pyramid. She was not aware of the amount of food she needed to eat from each food group. She shared that she felt that she did not have any energy during the day. In questioning she said that she never ate breakfast or lunch because she was trying to lose weight. She is just newly separated from her husband and has gone back to school. We talked a lot about the importance of breakfast and how eating breakfast is important to actually help increase your metabolism. She was amazed that she needed to eat to increase her metabolism and to break the fast of not eating all night. I also gave her some suggestions of foods she could eat for breakfast that she could have ready to grab in the morning. I also mailed her recipes she could make ahead, such as make it once – eat twice, cook once for the whole week, and soup recipes. We talked about setting goals so she could eat better and not feel bogged down from not eating. She set a goal to eat breakfast daily and that she would try to eat a light lunch.

157. Last week I made 2 home visits, one of them was interesting, because, with the lady I was talking was about oils and fat. She used more olive oil in all her foods and another concern was it is very expensive. I gave her other options about the oils and she said their sons are healthy and she has routines using snacks. She told me she would cook with other oils and I tell her she can use the olive oil in salads etc.
158. I was graduating a WIC client recently and was asking her what she thought she had learned from the NEP nutrition education. She shared that she was 18 when she had her first child and was living with her father. Since having a second child and moving out of her father's home to her own place she has the independence to feed her children healthier foods. We reviewed the food pyramid and viewed the power point about grains. She was very excited about what she had learned from the NEP lessons. She felt that she was doing a much better job of incorporating foods from all of the food groups into her children's diet. This client shared that when she had her first child she had no idea how to budget to have money left at the end of the month to buy groceries. She has learned to do meal planning and only to buy groceries once a week. She is very adamant about serving fruits, vegetables, and whole grains to her children. Food safety is an area in which she has read the NEP handouts and has learned to follow good habits. To become healthier she has cut way back on the amount of pop she drinks and is trying to quit smoking. I encouraged her to keep up the good work.
159. It's important to listen to what happens with the people that we are teaching. For example, last week when I was in the WIC office, I listened to two ladies talking about this program (NEP). They were talking about how it helps in their finances when they are going to buy the groceries. And one of them said now her family is eating more healthy. Was very good to listen to this conversation and afterwards, I said thanks to these ladies.
160. I have been working with a client at a [EFNEP site]. The last lesson we did for her graduation was Meal Planning and Shopping. In discussing meal planning she shared that they take turns planning, shopping and preparing the meals. When it is her turn to cook, she now uses the information from the NEP lessons. She has been buying more fresh fruits and vegetables and whole grains. In the past, everyone was buying canned

fruits in the heavy syrup when they shopped. She is encouraging other women at the center to follow her example. They also have mostly purchased canned vegetables. It is her goal to incorporate fresh vegetables and to try new vegetables they don't usually prepare such as squash. Many also have purchased white bread and they will now buy more whole grains foods. She has made a folder of the information and recipes from the NEP program. She will take it with her when she is able to leave and be back with her family.

161. I received a call at our office from a lady asking about our program. She saw the announcement in a flyer from another agency and decided to call us. She told me she is very interested to learn how to cook healthy for their family. It was a good surprise because the people often don't want to call because they don't speak English. I did the home visit. This lady was very interested and I taught MyPyramid and vegetable and fruits. She asked me for another home visit. It was very good.
162. A client at WIC has recently graduated and was filling out a Follow-Up Survey. She was sharing that she is using her NEP cookbook and how it is changing the foods she is buying and preparing for her daughter. She is incorporating more fruits and vegetables into her meal planning. Her daughter is almost two and has an anxiety disorder so it is important to include her in meal preparation time.
163. This client has had a 31-pound weight loss in the past year by changing what she buys at the grocery store and by using the food pyramid as a basis of her eating. When she was a home visit client we went to the grocery store and read labels and she realized it was important to read these labels to eat healthier.
164. I made a home visit 2 weeks ago and I taught a lady who was very interested in learning how to eat healthy. When I arrived at her house she requested that I teach her about MyPyramid and reading labels. She showed me the items she buys and it was good opportunity to teach her. When I finished she told me thank you for this program and invited me to come back for the next lesson.
165. I had a young client at one of the [EFNEP sites] this month. She was so eager to learn about everything I was teaching her. She asked questions if what she was doing was

correct. She wanted more information on different nutrition subjects. She was excited to get her certificate and cookbook. A couple of times when I was with her, her counselor was at her house. She finally sat by us at the table and she also asked questions. She told us that she was learning a lot about nutrition that she didn't know. [PN] now has her youngest child with her.

166. Last week at a home visit, I met a lady that has problems with her children. They don't want to eat any vegetables and fruit. We talked about the importance and reasons to eat vegetables and fruit and I gave her some tips to encourage her children to eat these. And when she is going to buy the groceries is important to do the meal planning and be sure she is choosing healthy food. She invited me to do a home visit and she told me about the importance of receiving help in this area.
167. Just a little over a year ago, the [EFNEP site] was making many changes. One of which was to drop the nutrition classes I had been teaching. I called them this month to see if it was possible that I could resume my nutrition classes with them. One lady that I talked with was so excited I called. They had been trying to think of what else they could offer their clients. I had my first lesson the next week after the call. The ladies were great. They asked so many questions, shared their knowledge, and were excited to learn about nutrition. Three of them were pregnant, two were trying to lose weight, one was a CNA and the other lady shared that she had two teenage sons and was concerned about the youngest one's weight.
168. The class was to run from 8:30 to 10:00 with a break about 9:00. We forgot about the break because the time went so quickly. We didn't even look at the clock until 9:50. When I told them it was time to end the class, they wanted to take a break and come back and work until lunch time. The rest of my morning was free so we stayed until about 12:30. They asked if I could come back the next day. It was so wonderful to teach adults who were so excited to learn about My Pyramid and the food groups. It was really unbelievable.
169. This month at the WIC office, I had a client to whom I taught the meal planning and shopping lesson. She said that she was interested in doing more meal planning because

she usually decides day by day what she is going to cook for her family or else her family eats fast food. When I showed her the My Pyramid weekly meal planning sheets, she became very excited and said that they would be very helpful. She asked if she could have several copies. I gladly gave her as many as she wanted. I also suggested that she save them as she uses them so that she can use some of the meal ideas again and again. I am happy to know that our clients are using the resources we give them, and are striving to make positive changes in their diets.

170. This month I did several home visits. One of these went very well. I usually see this participant at the WIC office which isn't always the most ideal environment for teaching. When I arrived at the home, the participant invited me to enter her house and sit down. I saw on her refrigerator she had posted a meal plan for the week. She said she did it all by herself as a result of our meal planning lesson at the WIC office. I asked if this lesson helped her and she said yes because she now spends less money on groceries. It was great to see that this participant took information from our lesson and put it into practice.
171. I had a home visit this month with a client who was enrolled in the program, but no longer receiving WIC. When I called her to set up the visit, she was hesitant to let me come to her home, but eventually I persuaded her to let me come out. When I got to her home, she invited me in and we sat down at the kitchen table to do the nutrition lessons. I asked her again if she was still receiving WIC. She said no and that she doesn't understand why she has to still do the lessons. I explained to her that it was basically to get her off our records, give her more knowledge of nutrition as her children grow, and so she could receive the certificate of completion and cookbook. As we did the lessons, she asked questions and seemed very interested in the information I gave her. When we were done with the lessons, I gave her the cookbook. She could not believe how nice the cookbook was. She said she doesn't really know how to cook, but wants to learn because right now her family eats a great deal of convenience foods. She immediately began marking recipes she wanted to try.
172. While teaching nutrition at WIC, I was noticing that clients were lacking in food preparation skills. In visiting with the area director, it was agreed that teaching more

food preparation would be beneficial. I submitted a proposal to the State WIC office and I was permitted to use the WIC foods to teach food preparation. I started this program in May. The first lesson that I'm doing is Food Labels and Eating Right and Light/Portion Distortion. One part of the lesson we have clients pour into a bowl the amount of Cheerios they would eat. We then measured that amount and looked at the food label to read the serving size and the nutrition facts. We also compared the food labels of Pop Tarts, Instant Oatmeal packets, Nutri Grains bars, and jumbo muffins. This gave an opportunity to discuss portion distortion and the amount of larger portions we now eat. In this process, discussion was initiated as to whether they read food labels to gain knowledge about the nutrition facts of that food. We also looked at a 20 oz. Mountain Dew. Many clients were amazed that a 20 oz. bottle is two and a half servings totaling 77.5 grams of sugar. I was very pleased with the response from the clients using this hands-on program and plan to continue this program.

173. I did a home visit with a young lady. When I arrived at her house she invited me to enter and sit down. My lesson was "Shopping and Meal Planning". When I was talking about doing a meal plan she told me that she spends 200 dollars each week on food. She also feels she is running to the grocery store all the time, because when it is time to cook she has nothing planned. After I taught the lesson she said she was more aware of the importance of planning meals.
174. As I was teaching the Grain lesson and the importance of eating breakfast to one of my participants, she shared with me that she has trouble getting her kids to eat whole grains. After talking about the benefits of whole grains and the added fiber, she will encourage her kids to eat more whole grains and fruits to increase their fiber intake.
175. I am continuing with my food preparation emphasis at WIC. This month I am concentrating on vegetables. I purchased canned, frozen, and fresh carrots. Clients assisted in peeling and slicing the fresh carrots and then cooking them in the microwave. I had also preheated the canned and frozen carrots. The clients and their children were then allowed to taste the finished product. After they tasted the carrots, we looked at each of the labels on the product in order to compare price and nutritional value. This

also initiated conversation about whether to add salt or not when cooking vegetables. It was very interesting to note the number of clients who had never served fresh cooked carrots to their families—most of the time they had only served raw carrots. Clients were also reminded of the nutritional value and importance of all vegetables. I then challenged each client in the next month to try a vegetable they had never served their family. I just had a phone class with a young woman to complete her lessons to graduate. As I gave her the lessons she was asking me questions and telling me what she was doing. Since her classes in March, she has changed many things. She now walks many hours at work then she and a friend take the kids to the school play ground and they walk 5 miles around the track field every night. She is drinking more water and makes sure her husband also has water to take with him on his outdoor job. They used to drink a lot of pop and kool aid but now are drinking more water. She now is buying 100% fruit juice instead of fruit punch. She is watching not to eat out at fast food restaurants and that alone has saved her a lot of money. She has four children so it costs them around \$50.00 every time they would go out to eat. She is baking and grilling more than she did. At the end of the phone lessons, she told me that many of the things I had taught her she never even thought of before. Now she was using what I had taught her she has seen a change for the better in all areas. She thanked me for teaching her about nutrition and physical fitness. A participant told me when I was in her house for a home visit that this program had helped her a lot. I taught the Feeding Young Children lesson because her daughter was a little overweight. The participant put into action everything I told her about nutrition and her daughter is much more healthy. Then she said this program really helped their family.

176. During my last session of the [EFNEP site], I taught a lesson on healthy snacks. At [EFNEP site], a mother of one of the children was there and took a strong interest in the lesson and the activity I organized for the children. The activity was for the children to rate different snacks from the healthiest to the least healthy. The daughter of the mother at the park was having a somewhat difficult time with the activity. The mother told me that she doesn't really talk to her daughter much about nutrition and the different food

groups. The mother told me that she would like to get more information if possible. I gave her my business card and told her that she could contact me or other NEP staff at our office for more information. It is nice to know that people still have an interest in their health and want to improve their eating habits.

177. Last week when I was teaching at the WIC office, I taught a man the Feeding Young Children lesson. When we were talking about the importance of eating breakfast, and I asked if they eat breakfast. He replied that they woke up late and his son would only drink milk, but not eat anything. I suggested that they go to bed earlier, because his son needs to eat solid food along with his milk for breakfast. They also need some type of a snack for all of his family. He also shared that his son is overweight. We worked on making a weekly meal plan for his family. He said his wife needs to learn this lesson. He has invited me to teach them other lessons.

178. After teaching the six basic lessons, I asked my client if there was anything else she would like to learn about food and nutrition. I let her look at a list of my power points that I had saved on my computer. She selected one, then another, then another. She had twelve lessons total. She asked many questions. We discussed what she had been doing and how she was going to use what she had learned. She said she will not use salt, cut out fast food, eat more fruits and vegetables, drink more milk, buy more nutritious food and overall take better care of herself and her teen age son. She shared with me the fact that she thought she knew everything about food and nutrition and it was going to be a very boring class. But, she was wrong. She thanked me for the time I had spent with her and she had learned many things.

179. This month when I was calling clients to set up home visits, I called a woman whom I had enrolled and still receiving WIC. I called her on a Monday morning about ten o'clock. I asked her about setting up a home visit and she was eager for me to come so we set the appointment for eleven o'clock in the morning the very same day. When I arrived to her home and began the lesson, she was very attentive and asked a number of questions. When I was about to leave, she told me that through the years she has been coming to WIC we have really helped her improve her eating habits and be more

conscious about nutrition and health. She was also very excited about the cookbook she received!

180. At one of my adult classes this month I had a male client who was about 21. He was attentive and eager to learn what I was teaching. He had many “A-ha” moments. He was full of questions and participated a great deal. I was so excited to have a client with so much enthusiasm. When I took him the cookbook the next day, he told me that they had already tried one of the recipes from the back of one of the handouts that I had discussed and given them. I told him that his recipe book had inexpensive, healthy meals and snacks. He said “If they all taste like the one we had last night, they would be using it a lot.” He thanked me for giving him classes and giving him the opportunity to learn about food and nutrition.
181. While meeting with a new participant at the [EFNEP site], I was teaching the My Pyramid lesson. This participant has three children 5 years and younger. She knew about the My Pyramid, but was confused about the amount of food that she should be feeding her children. I gave her a copy of our FYC lesson and the My Pyramid for Kids that lists the amount for children 2-3 years and 4-8 years. She expressed that she has asked at several WIC nutrition sessions and had never gotten an answer to her question. She was very excited about getting this information from NEP. She also shared that she is having trouble with the rising cost of groceries having enough milk for her children to drink. She has not been drinking milk herself so that her children would have enough. We talked about her buying powdered milk and mixing it—then adding it to the milk that she gets from WIC. I shared that this is a very good way to help her milk go farther for her children and possibly there would be some for her to drink. We also talked about her using the powdered milk in her cooking instead of the regular milk.
182. I met a woman a couple of months ago at a program I was doing for [EFNEP site]. She was a parent of one of the Kindercamp kids and was very interested in my lesson I was doing with the children. I told her that I could give her more information if she met the income guidelines of NEP. She said she probably would qualify. We have met several times now and I enrolled her in NEP. Every week we have met, she has many

questions and thinks the information I have given her is excellent. The thing she has learned most about is reading food labels. She says she is a much careful shopper now, and really keeps nutrition in mind as she plans her meals.

183. At a home visit this month, we discussed meal planning and shopping lessons. [PN] agreed that it is very important to eat before going grocery shopping. She said if she is hungry when she goes grocery shopping she does spend more money and without a shopping list she forgets many of the things she plans on buying.

184. One of my clients who graduated from NEP two years ago has contacted me asking for more in-depth nutritional lessons. She informed me that she has benefitted from our program at a WIC site, but she wants to learn more about how to stretch her food dollar, eat healthy and balanced meals, food safety, and feeding children. She shared that she and her family are moving soon to Iraq and she wants to learn these lessons so she can apply them back in Iraq and to be able to teach the women there how to deal with those issues, since most of the families back there are struggling economically. I thought this story expresses the positive impact of our program on not only families who are receiving our services but also on families who live overseas.

185. In October, we began working with three refugee families. They were not familiar with the appliances in their home and did not know how to prepare many of the foods that were readily available to them. We taught a lesson on food storage, taught them how to use foods that were free or very inexpensive, such as peanut butter, macaroni, dry milk and beef. We were asked to teach about food storage because many perishable foods had been left on the counter or in the cupboards instead of the refrigerator. After the first lesson on food storage, the clients started using their refrigerator for the perishable foods. The first time we were in the homes after the lesson, we did notice one opened jar of spaghetti sauce and a pan of rice. After we explained to them that those foods should be refrigerated, we haven't noticed any food storage concerns. We taught the families how to make goulash since it uses foods that they have available to them. A few of the family members were hesitant about trying it, but most of the family members sampled it and

kept on eating. During the lessons, we did encounter a few other teaching moments such as how to use a can opener and how to use the oven.

186. At WIC, I was visiting with a recent graduate with whom I have had three home visits. In our conversation, she said, “The last three months, we have changed how we’re eating. We don’t use hardly any oil, and then we use olive oil. I now make rice with water and put a few seasonings in it for flavor. Remember how I didn’t like fish? I started by eating salmon and now I’ve tried three others. We buy the extra lean hamburger and I showed my husband how to get the grease out of the browned hamburger. His family has heart problems, so he is interested in eating better. He’s lost some weight. We used to eat junk food. Now we’re eating fruits and vegetables!”
187. On my last home visit to a participant, we started talking about healthy changes. She said that she used to drink a lot of Mountain Dew. She has now changed to drinking one can of diet coke and is trying to “wean” herself from it.
188. I distributed meal planning sheets at one of the group meetings. At the end of the session, participants were staying later to complete their planning sheets. At the next session, one participant said that she had completed the entire form and that her family was involved in the meal planning. Each day her children would look to see what they would be having. “Sometimes we switched days, but it worked pretty well.” When asked if she would continue, she said, “Yes!”
189. During a WIC visit this month, one of the clients shared with me that she benefitted a lot from NEP. She informed me that NEP teaching aids and credible research encourage clients to use basic knowledge and eventually adapt new healthy behaviors. She credited the sessions she attended with NEP at her regular WIC appointments to her weight loss, feeling good about her body and being healthy. She also added that eliminating regular soda was a successful start for her and made her see the result of adapting a healthy behavior. She commented, “I will never forget the session that you showed me the amount of sugar in one can of soda. I am working on convincing my husband to stop drinking soda also.”

190. A participant had been drinking a lot of pop. After seeing the amount of sugar in pop, she decided to cut back. The first time I contacted her, she hadn't had soda for 3 days. She said, "My back was bothering me so I haven't had any soda for 3 days. You know, I'm drinking water and I'm even starting to drink milk!"
191. I was given a referral from a [EFNEP site] advocate. The individual had not attended the socialization where I taught about fruits and vegetables and made smoothies, but heard about it and decided that she wanted to take the classes. On the first visit, the 2 ½ year old was drinking a fast food smoothie. The next visit we made smoothies. When the participant took out her blender, I noticed the gasket wasn't inserted correctly. I showed her the problem. "Maybe that was why my old blender leaked!" I showed her how to test the blender for leaks before she added ingredients. The participant and her son both liked the smoothie, but there was some left over. I showed her how she could freeze the leftovers and then have a slushie or a smoothie later. At the next home visit, she brought out the frozen mixture and asked if I could help her with it. She also followed the instructions on how to use the blender.
192. After a participant graduated, she said, "You know, I need to change how I eat. I don't eat enough. I only eat a couple of times a day." A few weeks later I asked her how she was doing on her eating habits and she said, "I'm just eating all the time now!" When we were reading cereal box labels, she mentioned that one of the things to look for was iron and she commented that she was always low in iron and had problems taking iron. I mentioned that when she is eating iron rich foods that she should also eat foods that are high in vitamin C because vitamin C helps with the iron absorption. She didn't know that and said that she will definitely try it.
193. I cooperated with [EFNEP site] going on home visits. One participant had limited food preparation experience. On one visit, I noticed that she had food sitting on the stove. I asked about it and she said that she left it out until the next meal—about 4 hours. We discussed food safety. At the exit recall, she said that she had changed this practice.
194. One of my on-line participants said that she was going to eat a wider variety of vegetables. She went on to send me this e-mail (she is referring to the state-wide NEP

website): “I liked this website so much that I put a link on my blog so my friends could use the resources. I especially liked the fact sheet going over what to do with different pantry staples. Thank you.”

195. [IN] and I have been working with a group at the [EFNEP site] for many months now. It is always amazing to see people respond so well to a nutrition class when their lives are in a definite transition state. This month we taught a lesson on meal planning and shopping and played a jeopardy game with questions on the topic. Although the clients are not currently planning meals or grocery shopping while at the [EFNEP site], they were very interested in the lesson and participated well. It was great immediate feedback that the clients had been listening and paying attention during the lesson, because they were answering every jeopardy question correctly without any help from us! These clients will be on a very tight budget when they are able to leave the [EFNEP site] and get public housing, so it’s nice to think that we gave them a few tips to help them succeed once they are on their own.
196. At the “Eating Right and Light” lesson, I talked to the participants at the [EFNEP site] about how much sugar was in pop. Several of the participants drank quite a bit of pop daily. We talked about gradually cutting back. At the next lesson, I asked if they had made any positive changes in their diets. One participant said that she had already cut back one pop per day and hoped to continue to cut back.
197. At the [EFNEP site], I was teaching “Eating Right and Light” and was making the Skillet Lasagna recipe from the NEP cookbook. We discussed how to make the recipe better for you and how making it from “scratch” took only a little more time than the box meals. A new enrollee became interested when she tried the lasagna. She said, “You didn’t add anything?” She couldn’t believe that it tasted so good and was so easy. At the next class, I asked how many had tried it at home. Four people raised their hands. I looked at a graduate sitting next to me who was interpreting for another participant and said, “But you weren’t even here!” She said, “They were telling me about it and I found the recipe in my cookbook and made it!”

198. At another session, a graduate said that she had learned so much. She was now shopping with a grocery list and it cut her grocery bill considerably.
199. “Eating Right and Light” and “Portion Distortion” were the topics that were discussed at [EFNEP site] and [EFNEP site] for this month. These topics were chosen in response to the participant’s request. Participants of these sites were Hispanic moms who are trying to modify their cultural recipes to a healthier one for their families. The teaching setting of these groups was slightly different than before. The NEP staff performed a food demonstration and gave tips for each step of food preparation at the same time. Skillet Lasagna, Low-Fat Ranch Dressing, Veggie Salad and Fruit Smoothies were demonstrated for the groups. These recipes were taken from the “Cook’s Helper” cookbook. The participants were able to learn how to make a balanced meal, ways to add colorful fruit and vegetables to their diet, ways to increase milk consumption and methods to reduce the amount of fat from the meat and milk groups. The participants were very amazed that making lasagna didn’t require cooking the noodles ahead of time. They also were surprised to see the amount of fat that was drained after cooking the meat. Many of the participants shared that they have never considered draining meat after cooking. One participant commented that she never thought that making a healthy and a balanced meal could be so easy.
200. On September 10, at [EFNEP site], there were about 10 ladies in attendance. The topic was label reading and a review of meal planning. This is a drug and alcohol rehabilitation center for pregnant and nursing women. As I was setting up for the class, one of the ladies came into the room and sat at the table. She held up a can of cola and said, “I am down to two cans a day. I was drinking a six pack daily.” She indicated that because of the information I have provided the group, she decided to start drinking more water.
201. I taught a group of five women and two men on why our bodies need fiber. I displayed a fiber poster showing the potential benefits of a high fiber diet and that Americans only get half of the recommended 25 grams of fiber each day. I passed out different fiber pamphlets and fiber recipes. I made cookies and bars using 100% fiber

cereals. I explained to them when we eat fiber we need to drink eight cups of water every day. I explained to them that cereal wasn't the only way to get fiber. Fruits and vegetables are also a good source of fiber. Everyone in the class tried the cookies or bars. Two students told me that they were going to try and add more fiber and water to their diet.

202. Recently, as I was walking from my car to [name omitted] grocery store, someone was trying to get my attention. I turned and asked the man, "How can I help you?" "Because of you, my relationship with grease has changed," he replied. I asked him how. His reply was, "I'm the only person in Omaha that doesn't eat fried foods, after seeing those fat tubes you showed me. I had to stop". I asked him if he felt better and he said, "Yes, I do and I'm going to try and keep it that way". [BI]
203. I had 15 people in attendance at [EFNEP site] and our topic was eating right and light. During the course of the session, one of the men in class had done kitchen duty. Sloppy joes had been served for dinner, but there was so much left over that it was going to be served again the next day. He said he didn't want sloppy joes two days in a row, so he thought of what had been said previously in class. "Cook once, eat twice". So he re-seasoned it and made spaghetti. He also said that they liked the recipes in the NEP cookbook and used them.
204. [BI] As an evaluation tool, the class was asked if any of the information introduced in class was new and/or helpful in any way. One of the women stated that the information given was very helpful and that she would start clipping coupons and checking the paper before going shopping. Another said, "the information given in the last class started me thinking about feeding me and my daughter more healthy foods".
205. I was at Omaha Housing Authority teaching a class of 12 women. For the second class I decided to make a pasta garden salad. As I was getting ready to serve the salad one of the ladies said "I can smell cucumbers and I don't like to eat them". I told the class what was in the garden salad and a couple of women made a face. I explained that the salad had several vegetables and pasta and if they did not like the taste they did not have to eat it but I would like for them to taste it. One of the ladies that made a face tried

the salad and she really enjoyed it. I saw the lady after Easter and she told me that she had made the pasta garden salad for her family as a side dish for their Easter meal. She said her family enjoyed the salad and even liked the vegetables with the pasta. The salad is very simple to make and is a good way to get children and adults to eat vegetables.

206. This month I was scheduled to teach for [EFNEP site]. The class consisted of ten women and I had told them that for the last class meeting I would bring something for them to taste. One of the items I brought was 100% whole wheat bread and the other was a vegetable garden salad. As soon as I opened the bread one of the ladies informed me she does not eat brown bread. I asked her if she would taste half of a slice and then she could decide if she liked the taste or not. She placed a small serving of the salad on her plate and took the half slice of bread. After she tried the bread she came back and asked for her other half of the bread. By the end of class she had a second serving of the salad and the second slice of bread. She said the bread was so good it made the vegetables in the salad taste good. I was glad that she was willing to taste something new and something that was healthy for her.
207. The other day I was shopping at my local Hy-Vee and ran into a single mom that I had taught a year ago at the [EFNEP site]. She told me that she still makes the healthy recipes for her family that we had made in class. This was exciting news for her because it has been quite a while since she was in the class and is still cooking healthy food for her family.
208. I have been teaching a class with the [EFNEP site], a community garden in [state]. Each week we prepare a recipe with the kids and have a nutrition lesson. One week we talked about fruit and made a rainbow fruit salad. It was a big hit with the kids and apparently with the staff. I had a staff member tell me this week that she went home and made the fruit salad for her family and they loved it. Even though I was there to teach the kids, it's encouraging to see that more than just the kids are influenced by the class.
209. I had a group of people in the WIC office that I taught a lesson to. They were very interested in our program and one man said it is important to learn from us. He said that

most of their people were not eating right and it is good for them to attend lessons from our program.

210. In a discussion on the milk group, with a client at one of my WIC Clinics, I asked her what kind of milk she bought for her family. She said just always picked up Vitamin D milk. I explained to her that all milk from whole to skim all have the same amounts nutrients, like Vitamin A, Vitamin D and Calcium. They just don't have the fat. Skim means it has no fat, 1% means it has one percent butterfat, 2% means it has 2 percent of butterfat and whole milk has 3.25% butterfat. She said "It is very interesting! I had never even thought about what the % meant." She will be lowering the whole milk slowly until she gets to at least 1%. It is so exciting to see when a "light goes on" for clients.
211. I had the opportunity to teach the shopping lesson to two men last week at the WIC office. After we finished the lesson, they both told me that they now understand how they can save both time and money if they make a list before going to the store. Both men were appreciative of the information they learned from NEP.
212. My last WIC of December of the last year was very exciting, because most of the people who arrived to receive the nutrition lessons were very interested. I want to talk a little bit about Daniel who arrived with his son. They were both interested in MyPyramid, because I showed them the MyPyramid.gov website. They learned how much food we need to eat. They were very happy because they wanted to learn more and the information will be helpful in their family. They told me thank you for NEP.
213. Many times when I talk to participants after they have graduated, I ask them if they are using their NEP cookbooks. Many of them respond that yes they are using it. I had a client this month at the local [EFNEP site] that got very excited about his cookbook. He is assigned to working in the kitchen while he's at the center and wasn't required to attend nutrition class. He came to class, anyway, and brought samples of the foods that he had tried from the NEP cookbook. He had tried the frozen fruit cup and peanut brittle that day. He insisted that I try what he had made. The other clients at the shelter were very excited about the new foods that he was making for them at meal time. He was a

very good role model for the other clients to use their cookbooks. It certainly has motivated other clients to complete the class to get their OWN cookbook.

214. The first lessons I usually teach to a group are on MyPyramid. The next lessons are Meal Planning and Shopping. When my ladies came in for the second set of classes, I told them what we would be discussing that day. One lady said she wasn't going to listen to me today because when she went shopping last night it took her 3 times as long as usual. We all laughed. We went on to discuss the topics for the day. During the lessons she had many questions. She asked how long I had to study to know everything I had told them. I told them I had worked in this position for 4 years. She thanked me for making her more aware of everything she needed to be doing for her family and for making her food shopping a very, very long job. I told her it will get easier when she has read the labels and gets to know what the nutritious choices are.
215. I had a client at WIC who is a past graduate. She was sharing that she had two high school girls that she was concerned were not eating and one was a very picky eater. We discussed that since they didn't eat what she was preparing for meals—should they be allowed to fix something else to eat? She has let them have peanut butter and jelly sandwiches instead of the meal. She decided that she would continue to allow them to fix an alternative, but they had to sit down and join the family for meal time. I also gave her a suggestion to have the girls help her plan a meal, buy the groceries, and prepare the meal. She was excited about that plan. She took some meal planning handouts and ideas to help with her plan. I will follow-up with her at our next nutrition session.
216. I was teaching meal planning to a participant at the WIC office, when another participant joined us who had been enrolled in NEP for 2 months. She told me that everything she had heard about meal planning was helpful for her to hear again. She is very grateful for all she is learning from NEP.
217. The slowing economy and the large number of layoffs made January at [EFNEP site], a very busy month. I had 23 clients in one class. Three of those clients had already graduated from my program about 6 months ago. I told them that they didn't have to stay since they had already graduated. One of the ladies said she had learned so much from

the classes she had before. She wanted to refresh her memory to see what she had forgotten. She was also interested in finding out what kinds of changes have come about in the past few months in the area of food and nutrition. All three of the ladies agreed and all decided to stay. They were great, sharing what they had been doing and what and how they have changed since they had the classes. Their sharing couldn't help but influence the new people. The graduates shared how the nutrition classes made them take a look at their lifestyle and eating habits. They shared their reasons for making the changes they had and why they decided to make the changes. I could have given them all the information I could, told them how and why to use that information and it would not have been as effective as having these three ladies share their experiences with them. I'm sure there are more people I have reached through my teaching that I will never know about. These three ladies made me realize why I do what I do.

218. A participant shared that she is spending about \$200 on groceries each week for her family of four. She learned the importance of planning meals when we discussed the Meal Planning and Shopping lessons. She is anxious to learn more about healthier ways to feed her family.

219. I had four adult meetings this month. If I am teaching a class and new clients are enrolled at [EFNEP site], they are sent to have class with me. Many times these new clients come in on the second class. I always stop and ask the class what they remember about we had discussed, yesterday and that day. I am always surprised at how much they can recall from the day before. The lesson they remember the most is called "Eating Right and Light". They cannot believe how much fat there is in a Double Quarter Pounder and how much sugar there is in a 12 ounce can of pop. I have copies of the nutritional information from Subway, McDonald's and Wendy's. I have them look for their favorite sandwich. They look at the calories, fat, and sodium content of their choice. Then we look at the rest of the meal they would consume with their sandwich. We discuss healthy alternatives from the fast food restaurant they have selected. Some will, I hope, change their selections of foods to more nutritional foods. But at least I think many of them will think about what they learned every time they make a choice.

220. After teaching the Meal Planning and Shopping lessons, we discuss the importance of planning meals and snacks. One of my participants, who is very young, asked many questions about making good snacks. We talked about good snacks being fruits, vegetables, whole grains or low-fat milk. Most of the people today are very interested in how to save money while eating healthy.
221. [BI] Many could not get their families to drink fat free milk so I suggested that they substitute powdered milk or fat free milk to save calories in pudding and gravies. A new concept to many clients. Several clients didn't realize that low-fat milk has the same amount of calcium, Vitamin A and Vitamin D as whole milk. It is my hope that they will begin to read labels more and to find lower fat choices for their families.
222. Last month at a home visit, my participant had many questions about reading labels and comparing prices. She shared with me that her husband asked her why it took her so long to buy groceries. She told him that it was because she is now paying more attention to reading labels and comparing prices to be able to buy smarter.
223. I began working with a client at WIC when her first child was born and she subsequently had a second baby within a year. The next time that I had a nutrition lesson with her I explained to her about the EFNEP Quality of Life Survey and asked her if she was interested in doing the survey for me. She was very interested and she proceeded to tell me that she was very excited about nutrition and eating healthier. She had used the information that I had given her about the My Pyramid to change her and her family's total eating plan. I continued to do home visits with her to finish her six lessons to graduate her so she could have her \$20.00 gift card. From January 2009 until now she has lost 50 pounds and is very avid about walking and exercising. She buys whole grain foods, fresh fruits, vegetables and she is drinking skim milk. She is still very excited about nutrition and is a great advocate for NEP nutrition.
224. I had a client at a WIC Clinic who didn't qualify for WIC anymore due to the ages of her children. She came to me and asked if she could get these nutrition classes without having WIC. Of course, there is. I explained to her how we could set up classes for her to finish what else she wanted to learn. She is very excited about the classes. She said

she had decided, after the class she had with me two months ago, that she wanted to eat healthier but she needed more information. We plan on meeting this month when I am in her town for the WIC clinic. It is not very often that we have clients come up to us and say, “I want to learn more about what you are teaching.” These classes should be very fun and informative for both of us.

225. In the months of April and May I worked with an adult group at [EFNEP site]. These adults were 19-21 years old learning to live on their own. I visited this group three times and at the end presented them with their cookbooks and certificates. They were all very excited to receive their cookbooks so they could try out some new recipes at home. During my visits, we worked a great deal with meal planning. The adults would get into teams and plan their meals and snacks according to MyPyramid. At first this was difficult for them because they were not used to planning or making sure that they were getting all of the food groups. By the end of the lessons, all of them could accomplish this task. My last meeting there, we made one of the recipes in their cookbook and I gave them each a measuring cup. They thought this was terrific that they had their own kitchen utensils. I am very happy this group contacted me to work with them!
226. Additional home visits were done this month, as my participants are getting more comfortable with me coming to their homes. The participants are asking more questions all of the time and I am able to spend more time teaching. The questions asked most often are regarding snacks, since children are home for the summer. I have taught parents about the importance of eating fruits, vegetables, and whole grains. By teaching them how to make salads with fruits and vegetables, as well as including whole grains in sandwiches and even oatmeal cookies, these parents are learning to provide more healthy snacks and lunches. We have also discussed the importance of drinking more water. I was very pleased because the parents are now more open to learn from our program.
227. At WIC clinic I was finishing with a client to graduate her. I had mailed her mail-at-home lessons to finish her nutrition education. In asking this client what she had learned from NEP she shared that she had learned a lot about the amount of fruits and vegetables her children needed to have. She was having trouble with her son eating fruits and

vegetables and drinking milk at our last meeting. She said that her son did not like skim milk—so I suggested that she mix skim milk with whole milk to begin with and then gradually changing to 2%/skim milk and then 1%/skim milk. She tried this and it was working. She was so excited that he was drinking milk again. In reviewing the cookbook, she picked out several recipes from “The Cook’s Helper” that she thought she would try. She especially interested in the main dish section. She felt the skillet recipes would be especially easy to prepare.

228. I have had three participants that shared with me at their home visits that they are saving money when they plan their meals. They appreciate the information that NEP provides them.
229. I had a past client call in with a question about a food safety issues. The issue was leaving lemonade on the counter for several days. They had been at her mother-in-law’s over the 4th of July. The Lemonade was made from fresh lemons. Three gallons of lemonade had been made on Friday night and set out until it was all gone on Sunday. By Sunday, it didn’t taste as good as it did on Friday night. She dumped her glass out. This made her mother-in-law very upset because she had spent hours making the lemonade. She tried to explain that food shouldn’t set out on the counter and should be placed in the refrigerator. Her mother-in-law told her that the lemonade has set out her whole life and no one had ever gotten sick before. I reassured her that she had remembered correctly. We review again, the “2 hour rule” and the fact that the temperature of the kitchen would less the time even more. She said no one had gotten sick. I told her they were very lucky because it could have been a big problem for the whole family and she was smart not to drink the lemonade. Next time a situation comes up, she should do what she knows is best. She could put things in the refrigerator as she would at home. If anything is said, she can reply with the fact that she had taken a class on food safety and she had learned a lot. Food Safety is a major areas of concern because people can die from food poisoning and she was trying to keep anything from happening to anyone in the family that she cared so deeply for. Who could come back with any answer to the fact that she wanted to

keep the family safe and well with a negative response. She was happy that she had kept my business card.

230. A few months ago I graduated a client through a home visit. At the home visit she indicated her interest in healthy recipes and she showed me that she had kept all of the information she had received from the program as she went through it. She said she uses the information often and that it has really helped her and her family eat more nutritiously. When I gave her the cookbook she was very excited. This month I saw her at a youth program I was doing. She once again told me that she loved her cookbook and she told me about the numerous recipes she has tried. I was very pleased to hear that she has continued to put NEP materials to use.
231. I had a participant thank me for teaching her about how important it is to make a grocery list. She had never realized the importance of doing this. She has started making a list and is now saving money at the store.
232. There are changes to the WIC program that will start in October. One change is that only families with children under the age of two will be allowed to purchase whole milk through WIC. Other families will have to purchase low-fat milk with their WIC checks. I had several women who were upset that this was happening. They questioned how they were to get important “stuff” that is in milk. After I explained the facts about milk with them they were more acceptable to the idea of not drinking whole milk. I have a graphic, that I use to shows the amount of fat a glass of whole milk, 2% milk, 1% milk, and skim milk. The women could not believe how much fat there was in an eight ounce glass of whole milk and 2% milk. We discussed many ways to use low-fat milk in their family’s diets. They thought that they could try to incorporate some of the ideas we discussed. One of the ladies told me that her nephew was very overweight and that he drinks over a gallon of whole milk every day. She asked if that could be his problem. I told her that there were many reasons and causes of childhood obesity and that drinking that much milk a day would certainly enter in to his weight problem. She asked if I could talk to her sister. She didn’t think that it would be well received if it came from her. I gave her my

card to give to her sister. She has not called me yet, but I hope that a seed has been planted and with a little luck it will grow.

233. In working with a client at WIC she shared that her husband had recently been diagnosed with Type II Diabetes. She has completely changed what she serves her family to eat. She has realized that the My Pyramid is a good guide to follow for her family to eat healthier. This client has given up drinking soda and she shared that she was drinking 3-4 20 oz sodas a day. She asked many questions about vegetables and how to prepare them for her family. Reading food labels has become important when she shops for her family. We looked at some food labels and she learned how to look for foods that are whole grain.
234. I had a participant at WIC who has had problems with her 3 year old son, wanting to drink a lot of milk and his preference is whole milk. I explained to the mother that her son needs only 2 cups of milk per day and it would be better for him if it was low-fat milk. She is going to work with him on the amount and type of milk that her son is getting.
235. In September, I went on a home visit to a WIC client whom told me she desperately needed help with nutrition in her home. This client told me that she really struggles with her weight and does not understand why because she feels that she eats healthy. Before the home visit, I had seen her several times in the WIC office and she was always very interested in the information I had to offer. During the visit, I focused on teaching more about the food pyramid. At the end of the lesson, I had her fill out the exit information since she had enough lessons to graduate. While I was taking the food recall information, I realized that maybe this client still did not fully understand what foods are considered more nutritious than others because she kept asking me if what she ate was healthy. After the food recall, we talked about the foods she had consumed in the last 24 hours and analyzed each for nutrient value. One thing I really focused on was helping her realize the differences between whole, 2%, 1%, and skim milk. At the end of the visit, we discussed some of the areas she could really work to improve in and it was clear that she had a much better understanding of the food pyramid when I left than when I first

began the lesson. I think this situation helped me realize that I may not always be teaching in ways that my clients understand even if it makes sense to me. We all learn in different ways and I need to do a better job of taking this into account when teaching my clients. However, I am very happy that I was able to help this client gain a better understanding of a healthy diet.

236. I had a home visit with a participant that has very limited resources. Our lesson that particular day was on fruits and vegetables. She shared with me that her parents had taught her the importance of eating fruits and vegetables. She is teaching her daughter the importance of eating fruits and vegetables as well. She likes our program because she said that it is the best way to be healthy.
237. At the [EFNEP site], a graduate asked for more of the meal planning sheets. I asked if she gained anything from the classes, “Yes, I didn’t used to plan meals or use a grocery list at all. Now that I’m planning meals and making a grocery list, I’m saving so much. I used to run out of food and go hungry and now I have food stamps left over!”
238. At one group meeting, we were discussing getting holiday food baskets. The participants were saying that there were fewer groups providing food baskets this year. They didn’t know where they would be going. The group coordinator got on the phone and found a source for them.
239. Visiting with a WIC client at [EFNEP site] who is an immigrant from Mexico (2 years now), stated that before coming to the states she didn’t have much nutrition knowledge. Since talking to NEP staff at the WIC site, she has learned so much. A specific change in her and her families’ diet has been a switch to whole wheat breads and grains. She stated that her husband brought home white bread and she taught him about whole grains and the next time to buy whole wheat. Since coming to WIC, she is thankful for the education and enjoys and is motivated to learn about healthy eating.
240. I asked graduates at the [EFNEP site] if they had made changes in how they were eating or shopping. One graduate said that she used to eat only one meal a day. Now she is watching her portion sizes and eats three smaller meals a day and is feeling better.

Another participant said that he checks his cupboards before grocery shopping to see what he needs.

241. While working with clients at [EFNEP site], one client was struggling with her weight and wanted to eat healthier. Upon looking at her entry food recall, the woman did not eat breakfast. When it was explained to her the importance of eating breakfast and weight maintenance, she did start eating breakfast. On her exit survey, she did have breakfast.
242. It was the second NEP appointment for a couple at a WIC site. I was visiting with them about meal planning. I was showing them the meal planning sheet and a grocery list. The gentleman pointed at the grocery list and said, "That's the one. I made copies of that on our computer. We use it all of the time. It's great."
243. "I learned to look at the pyramid thingy so at the store I know how to read the nutrition square and learned the percentages of sodium and sugar intake."
244. "Learned more about food, would of liked more classes."
245. "The teacher was really cool. Please come back soon!!"
246. "I will use things from this class to help me and my family."
247. "I liked the cookbook, and I learned to check labels and not to let food set out for too long."
248. "Thank you for letting me help cook."
249. When working with a WIC client that had graduated, we talked about any changes or new things she had been doing since she had participated in the NEP program. She said she now uses more fruits and vegetables for her and her family, and has enjoyed using the recipes.
250. We made yogurt parfaits at a group meeting. One lady said that she fed yogurt to her children but didn't eat it herself. "Would this be good for me to eat every day-maybe with blueberries? I'm going to start eating this myself. I hadn't liked yogurt when I tried it before." Another member of the group said that she would start eating yogurt.
251. A participant at the [EFNEP site] called and asked if I could show her 11-year-old and 13-year-old children what I had shown in class at the "Eating Right and Light" lesson. She felt that her children were not always making good choices at school and at home,

and she wanted them to see the sugar in pop and know more what to look for in healthy food. She thought that if her children could see what I had shown her in class, that it would help. I showed the youth the amount of sugar in 12, 32 and 44 ounces of pop and had them calculate the amount of sugar for a year. I also showed them the fat content of some familiar foods. We then looked at fast food menus and talked about healthier choices. When I gave the mother her cookbook, her children wanted to look at it. They were excited about trying some of the recipes.

252. A father from WIC had stated to me that he has cut back on fast food and had been cooking at home not only to save money but to eat healthier.
253. A WIC mother stated to me that instead of just thinking in her head of what she was going to purchase at the grocery store, she now writes down what she is going to have for at least a few days of the week and then makes a list. (A list that is not in her head!)
254. This month, a parent group was started at [EFNEP site]. All of the women were Hispanic, and they provided me with an interpreter. As a result of the NEP lessons, I heard a few women say they worked on eating more fruits and vegetables. Others stated they didn't leave their food sit out or thaw food at room temperature. One lady stated that she cut back on oil when cooking her meat.
255. At the last lesson for a group, we were looking at the current grocery ads to see what the specials were for the current week. I asked if they looked at the ads even if they didn't shop at a particular store. One person said, "I do now. I was at a grocery store after you told us about matching prices and they had strawberries at 0.98 because another store had them for 0.99."
256. Back in 2004, I had graduated a lady from the [EFNEP site]. At that time, we were handing out EBT budget books. Recently, [IN] came across the same lady who requested nutrition classes again and had mentioned to her that since her class back in 2004, she ate more at home and planned more.
257. We received a phone call from a participant who had graduated from the program in 2004. She remembered a blue folder that she was given to keep track of her EBT card expenditures. She wanted to know if she could re-enroll in the program. Upon

graduating this time, the participant said that she had made a detailed meal plan for a week and thought it was really going to help her. We talked about making it a habit.

258. Thank you so much for providing the Nutrition class at the [EFNEP site]. It has been one of the most positive experiences of my life. [IN], you are a great teacher and a wonderful leader. I hope you will continue to teach nutrition classes at the [EFNEP site] so that other women will and/or can experience the valuable information you have to share.”

259. This summer, guests residing at the [EFNEP site] have been working very hard learning how to plant and keep a garden. As part of their nutrition class with NEP, we have incorporated the garden experience with learning about healthy eating and stretching food dollars. The major focus this summer is being able to incorporate the vegetables growing in the garden with their health benefits and how to actually use them in recipes. At the end of each Nutrition class, we planned a “cook and lunch” with the guests participating in the garden project and nutrition class. They actually did all of the cooking and used vegetables that were ready for picking. This included recipes from the NEP cookbook and a couple of food items using only what was on hand (no recipes). The class was successful the first time around and by the second “cook and lunch” we had adults, parents and kids participating. The guests were all very excited about the hands-on experience and eating lunch together. Here are some of the comments by the participants: “I usually never eat vegetables, but this is good. I guess you just need to know how to fix them.” “I haven’t had food like this for months; this is great.” “Are these recipes in our cookbook because I want to fix them again.” “I didn’t know how to use zucchini and eggplant; now I’m going to use them when I have my own kitchen.” One participant excluded herself from the class last time because she absolutely refused to eat vegetables that came out of a garden. She thought vegetables were gross and stated that she would much rather eat boxed and processed foods before she would ever try what we were preparing. This time she came in but came in during the middle of class. By the end of the “cook and lunch”, she came and said that the class was fun and she didn’t think she would like it at all. She said, “I guess I was wrong, its actually pretty

good. I might not eat all of the vegetables but I'm going to try." The garden and nutrition class collaborating together was a good experience for everyone, and having them participate and do the cooking as a group will help them to actually use what they learned and be able to take that with them when they leave the [EFNEP site].

260. I had a WIC client that was very set in her ways who chose not to drink skim milk because she didn't think her kids would like it and she said, "It tastes like water." She gave it a try and stated that her kids didn't even notice and reports they all drink skim milk now instead of 2%.
261. I taught a class at [EFNEP site] in September. When we discussing how to read food labels and shopping/menu planning, one participant stated how she will make a change. She said, "This is a very good class. From now on, I will read labels and cook with less fat and processed foods."
262. Two months ago, a participant at WIC said that she didn't know how to cook and wanted to learn. Since her mother didn't cook very much, she had never learned the basics. She also said that she wanted to know more ways to prepare eggs so that she would not be wasting her eggs that were in her WIC package. One suggestion I had was that she could use them in pancakes. She had been buying them already prepared. We talked about it and I told her to call if she had questions. She asked the WIC staff if she could see me the next time she came in. At her next appointment she said, "I tried the pancakes! The first ones were kinda burned so I turned the skillet down and the rest were fine. I also made banana bread and it turned out really well. I took some to my mom and she said it was better than hers." There is a recipe in the Feeding Your Family handout for French Toast. She was surprised that it is easy to make and she can use more eggs! She is really excited about her successes and is anxious to try more new recipes.
263. In February, we began nutrition education for the [EFNEP site]. With each session, we did food demonstrations. Our first food preparation, we prepared "Yogurt Parfaits." One of the women in the group had never tried yogurt because she thought she wouldn't like it. She did prepare a parfait and she actually liked it. She said she would eat yogurt more often because she didn't drink milk either.

264. While I was purchasing some items from [name omitted] for one of my groups, I noticed a lady was holding a NEP grocery list with the NEP meal planner. I thought the lady was one of our clients, so I approached her and asked whether she benefitted from the NEP program. She surprised me with her answer that she had never had a nutrition class before but that her neighbor, who participated at WIC, shared the information that she learned from our program with her friends and neighbors.
265. A client at one of the WIC sites informed me that her four-year-old boy now is trying new foods. This client came to me at our last visit complaining about her picky eater who was losing weight and refusing to eat any kind of fruits and vegetables. We had talked about different strategies to make her child increase his food intake. One of the strategies that we highlighted was how important it is to involve her son with food preparation. I provided a kid's cookbook and asked her to provide the ingredients to her child so he would be able to make a snack out of the cookbook. She told me he had fun with making the snack by himself without help. Also, she informed me that she always asks him to help her with planning meals and snacks for the family.
266. The Nutrition Education Program continues to offer its services to [EFNEP site] every week. During the month of June, many activities and games were involved in each session. The activities such as Jeopardy, Bingo, and Wheel of Fortune made the participants not only learn about healthy food and stretching their food dollar, but they also learned about sharing and cooperation through the questions that they answered as a group. At the end of each session, all the participants helped to cook the recipe assigned to them. The NEP staff usually goes to the Food Bank and checks the food that is available and then chooses recipes that includes most of the ingredients that can be received from the Food Bank. At the end of four sessions, participants receive a cookbook and certification of completion. Participants informed the NEP staff that they had a picnic this month and they made all their favorite recipes that they tried during the nutrition classes
267. There are four sites—each having Hispanic groups. The clients are given the option of where to attend and are to choose one of them. Currently, I have at least 5 clients who

attend all four sites as they are so eager to learn. Today, I had 35 clients at the Hispanic Center. During the lesson, when discussing the importance of the milk group and drinking 3 glasses a day, one lady became very concerned, looked stressful, and expressed the fact that she hadn't been consuming milk at all, and wondered if it was too late to begin. After assuring her that it was not too late, she indicated she would begin now. Apparently she doesn't care for milk, but after I gave her other options such as yogurt, soy milk, broccoli and other calcium sources, she said she would definitely eat more of those. These clients are learning to speak and read English, and one thing they are very proud of is their new-found ability to not only read recipes but read food labels on products, especially in the store. At a recent program, one client said, "Can you explain the food label again, as we just noticed there is trans fat in this product and we want to know more about this."

268. [IN]! I do not know if you know how much the women appreciate your classes! Just yesterday we had a Mobile Health Clinic where we checked cholesterol, blood sugar, blood pressure and BMI. So many women said how much they liked your classes, and how bad they needed them! You do an amazing job! [PN] attributes her incredible health status to your classes. You make such a difference. Thank you!
269. This month, I went to the [EFNEP site] food pantry and I met two of the participants who attended the NEP class for several months. The women moved from [EFNEP site] and they were very excited about graduating from NEP and [EFNEP site] programs. Both now work and they are able to get food from the [EFNEP site] pantry and use the recipes that they received from NEP. They informed me that they enjoyed participating in NEP and learned many things that enabled them to use the information that they gained during their participation in NEP.
270. At this class I taught a food budgeting lesson to 19 adults. They were given the following handouts: It Pays to Budget Your Money and Money Saving Tips. We also played a game called: "Paying Bills on Time." Too my surprise everyone wanted to participate in the game. They were so excited about how they could save money. Several of them were eager to share their work sheet with the class on how they saved

money by using coupons, cutting back on cigarettes and cutting back on alcohol (no kidding). Some of the participants stated that they had never budgeted before. The class was suppose to be for one hour but we continued for another 45 minutes. The counselor said that he felt that the lesson was very useful and that some of the participants would use the information.

271. My presentation at the [EFNEP site] was in basic nutrition using My Pyramid as the guide. I had 18 low income Hispanic women between the ages of 26 to 39 years of age. Each section in the pyramid was carefully explained and color coded print outs were given to each participant. Most of the material that I use for my class is colored because some of my clients are unable to read and this makes it easier for them to follow in class. The second class session I brought in vegetable soup that was low in sodium and fat. I did not state how the soup had been prepared until after they had tasted it and stated how much they enjoyed it. They were pleasantly surprised that it had good flavor and no salt had been added. When we met again a couple of the women stated that they had made the soup for their family and they like it as well. Several of the women said they had read the labels on products and had shopped with a grocery list for the first time in their lives. Those who read the labels chose cereals with less sugar. Other women said they had removed the salt shakers from the dinner table.
272. While doing my graduate call back, I asked a participant if there was any information we had discussed that was helpful to her. Her reply was that she had started planning meals in advance and started using a shopping list. She stated that sticking to a shopping list was hard to do, but she did save money that way.
273. I met [PN] at a WIC office. She and her husband had good jobs and a nice home. Later in life they decided to start a family and [PN] decided to quit her job and stay at home with her baby. Financially they began to struggle and she sought out the services of WIC to make ends meet. I taught [PN] nutrition lessons and we spoke in detail about feeding an infant. After our lessons she thanked me with a nice card that said “Your service to me and my family were beyond the call of duty. Thank God you worked today. He knew I would need him and he used you.”

274. My class this month at [EFNEP site] consisted of seven women. The ages ranged from 24 to 35 years old. Because this was a smaller group they were eager to volunteer when it came time to cook. They helped plan what is needed to have a balanced meal. They discussed what food groups the meal would cover and what it would cost per person to prepare the meal. Once the meal was prepared the cost per person was \$1.93 which they realized was a lot less than going to a fast food restaurant. They selected Skillet Lasagna from The Cook's Helper for the main part of their meal. To this, they added whole grain bread with a touch of margarine. Each lady had her own drink. There was enough lasagna left over and some ladies had a second serving. They all enjoyed the class and learned that they can eat something healthy, that taste good and is low cost. Several of the ladies said they look forward to using the cookbooks they received at the end of their class.
275. This month's class was held at the [EFNEP site] for five Hispanic women between the ages of 28 to 32 years old. I co-taught this class with [IN] so that we could implement a different format with this class. The class was two hours, once a week, for four weeks. We used MyPyramid and for each food group we presented a recipe that the women could cook in class. The group was very responsive and enjoyed working with a recipe. Some of the women had not used a recipe and were not accustomed to measuring ingredients. A couple of the recipes were for foods that they were accustomed to cooking, but they were introduced to a new manner of preparing it. While this type of format was a little more time consuming, I thoroughly enjoyed working with this group of women and hope I can do the same with another group.
276. One client was delighted at the chicken stir fry we made during a lesson on healthy eating. She decided that it was the combination of ingredients producing the appealing aroma and that it was just like something from a Chinese restaurant. She was surprised that *she* could make something that was like the "real thing". I was glad that the dish turned out so well as it was a real confidence booster for the client, who when I started working with her, did not have much food preparation experience except boiling pasta and cooking ground beef.

277. Last month I taught a lesson with a participant on food safety. The participant was very interested along with her mom. When I was talking about how to keep the food safe, the participant's mom then said we should talk about meal planning because she was throwing away a lot of leftovers. After I did the lesson the participant asked that I please come back again and teach her more about the program.
278. Last February I made a new contact with [EFNEP site] and set up classes for clients. The people I had in my classes were so enjoyable. One male client, who I could NOT convince then that he could save money by cooking some of his meals at home and that breakfast always didn't mean going to McDonald's, now has a chance to get partial custody of his son if he can learn some money management skills, shopping, meal planning skills and some food preparation skills. He has now contacted me to see if I would work with him one-on-one in these areas. He learns better when he is not distracted by others. He wants to have a better chance of getting to spend more time with his son. And of course, I will be glad to help him.
279. [PN] is a graduate homemaker. She is raising her two granddaughters as a single grandparent. She tells me that she has found our cookbook and recipes a great help cooking for the children on a very limited budget. She stops in to see me and get more information each time she comes in the WIC office.
280. Spent some time with one client writing down meal ideas for her 10 month old. Sometimes, if she has a plan, and the child is hungry - she doesn't have time to fix what is planned. She needed some options instead of the processed snacks that are all too convenient. She felt good about what we wrote down and was surprised at the options she had available. (Her options are somewhat limited b/c of lack food prep that she does, she does not usually shop for the foods, and it is not her house).
281. I saw three ladies that I had previously graduated last week. They came in one by one and each had told me they had lost weight. I asked each one what they had done to lose the weight and their answers were all the same. They had learned to eat right and drink less soda. They are all drinking more water and doing more physical activities. They said our program helped them a lot.

282. [PN] is a client from [EFNEP site]. We have been working on Shopping, Planning, and Resource Management. When he gets paid we do a little shopping. This week he wanted to buy a couple of deli sandwiches already made up and wrapped. They cost \$3.99 each. I showed him the hoagie buns which were 6 for \$1.69. I asked him if he liked lettuce. I already knew the answer but I wanted him to “see” what he was buying for his \$3.99. He’d throw it away because he doesn’t like it. Next I took him down to the meat department and he selected lunch meat that was ham and cheese mixed. It was 16 oz. package for 3.99. I then asked him if he liked anything else on his sandwich like miracle whip or mustard. Well, he liked a little mustard. I asked if he had any at home and he said no. So we went to the isle where the condiments were and he picked out the mustard for \$.89. We sat down in the snack area and I helped him figure out the cost per serving. His way was \$3.99 or \$7.98 for 2 sandwiches. My way was \$6.57 total or \$1.10 for 6 sandwiches. He decided on the six sandwiches. We had a refresher talk about freshness dating and perhaps he may have to freeze some of the buns or at least put them in the refrigerator. [PN] has very little money to spend on food and the more he can save the better fed he will be.
283. At a home visit this month, I shared information about meal planning and the importance of making a shopping list before going shopping. This lady told me that her husband always told her that she should make a list, but she felt she didn’t need to as she has a good mind. She now recognizes that she needs to make a list and is now doing that along with paying more attention when she is shopping.
284. [BI] Before the next day’s class started I ran into [PN] in the hall. He said “Hey, [IN], I really like you. You know how to handle a guy like me without getting mad and that’s not easy. You remind me of a teacher I once had that respected me and I respected him.” I said, “Thank-you, I have taught a few guys like you before. I treat people the way I want to be treated and it seems to work out.” That day in class [PN] asked more questions, answered more questions, and discussed more than all the females in the room. He announced he was going to be a much better grocery shopper and he was going feed his children better because of what he had learned in the classes.

285. I was teaching the MyPyramid lesson to a group . One lady said that she had already had this lesson, but was motivating the others as she had lost weight following this information.
286. I met with a mom at the WIC clinic last August. She was concerned that her young son was not eating very much - just a few bites here and there. She had tried several approaches to try to get him to eat more. After asking a her a few questions, I learned that the child was drinking 6+ sippy cups of milk a day. At this time, she did not perceive this as a problem. I shared with her that this might be the reason he was not consuming very much food - that young children can fill up on beverages such as milk and juice and these should not be given too close to a meal and at that he was drinking too much milk. I did a lesson the milk group and increased the client's awareness of the actual amounts of milk and milk products that are necessary to meet her son's calcium needs. I recently saw the mom again in January at WIC and I was asking her how she felt about her son's eating these days and she said, he was drinking less milk and eating more food and she actually stated that the suggestions she received at our last visit were helpful in achieving this. The client was able to make appropriate changes in feeding practices; the child's consumption patterns were affected and he gets a greater variety of nutrients.
287. After teaching one of my participants the Shopping and Meal Planning lesson, she shared with me how her mom had tried to teach her about shopping for food. She said that she is now learning more and is applying everything we are teaching.
288. I had a young lady that I had enrolled several months ago at the [EFNEP site]. She had taken 4 lessons and needed two more to graduate. I had been trying for months to reach her to make an appointment to finish her lessons so she could graduate and receive her cookbook. I finally decided to take everything home I needed and give her a call after supper. She was so please I called. She had taken a job and was very busy during the day and with a husband and children it was hard for her to find time in her schedule. I suggested we set up a couple of phone lessons. We finished her two lessons on the phone in the evening and I delivered her cookbook and certificate one day when I was close to her home. We were both happy. Moral of this success story is NEVER give up!

289. At times it has been frustrating working with one home visit client. We have been meeting irregularly since November and she has shown little interest in the lessons I've attempted. In her mind, she sees no need and does not desire to make any changes related to her or her son's eating patterns. She was referred from a local agency for the frequency of fast-food meals which they consume. Also, the child has low iron; and as a result, he receives iron via oral drops. At a recent WIC appointment, I had seen the client - this was the day prior to our scheduled home visit. She was introduced to MyPyramid and seemed receptive; I suggested that we talk more on whole grains the following day. She complied - great! So the next day after a lesson on whole grains she states that she actually learned something that she did not know before (how to choose a whole grain product). The client also became aware of portion control as it relates to the grains group. She set a goal (and wrote it down) to instead of having grains for a snack, to have fruit or vegetables or milk. The success here is that she was excited about the information and learned something; in our previous visits, she had just given me this glazed over stare. The client took immediate interest in scanning the ingredient list to identify whether or not products were whole grain. Being able to identify whole grains is necessary to working towards the recommendation of making half your grains whole.
290. I have had two different ladies share with me how NEP has helped them. They are now saving money, time and losing weight by eating healthier as they follow the MyPyramid information. They said their families are feeling better and their children are learning to eat healthier.
291. I have been working with a couple with three children. They had been trying the Adkins Diet. After the first session with me they reported that they had started to eat more fresh vegetables and fruits. After the second session with me they reported that they had started to read food labels, use the Nutritional Facts, and started to compare prices. The third session with them included Eating Right and Light. I asked them if they thought they would use this information to make changes in their eating habits. They both said "yes". They had already cut out regular soda. The next things they were going to do without were Pop Tarts, donuts, and hotdogs even for the children. Hopefully this

family will continue using what they have learned to make the necessary life style changes so they will not have to try diets to lose weight and have longer healthier lives.

292. [PN] is a young mother that is an EFNEP graduate. We see her at WIC. When she came for her nutrition ed this month she told me she had had to make many changes in her diet. She has very high cholesterol. Her comment was “I have learned so much about nutrition here, it has made it easier for me to make changes.”
293. I have been working with parents at night meetings at [EFNEP site]. One young couple is so interested in everything I had been telling them. They ask a lot of very good questions and discussing the information at home and come back each night with new questions. They would stay after class some nights as long as a half an hour until they understood everything we had discussed during the evening. After the first night, he was no longer drinking soda, and she was eating more fruits and vegetables. They were taking family walks together instead of watching T.V. I so enjoyed watching them grow in their understanding of what nutrition and health and wellness had in their role on their child’s future health as well as their own.
294. This month I taught more about MyPyramid , shopping and meal planning. Following these lessons, many mothers told me how they have saved both money and time by using the information they have received from our program. They now have time to do some activities with their families.
295. Last week at a home visit with a family, I taught Shopping and Meal Planning. The family shared that before they started working with me they spent more money on groceries than they do now. Since they are using the information from the Meal Planning lesson, they will be able to use the money they save on groceries for other things.
296. A client who recently graduated from the Nutrition Education Program shared one of the changes she has made. She stated she feels her biggest accomplishment is increased variety in her meals. She shared that it is nice to now have something other than just the entree at a meal. For example she said instead of just having brats, she served a salad and milk with the entree. Instead of eating just 2 bowls of chili, have 1 bowl and then additional foods from other food groups. This past spring, she participated in nutrition

classes offered to Head Start parents. During the second session, I taught concepts of meal planning. The participants had to write out at least 3 meal ideas that included foods from 3-5 food groups. The changes she has made demonstrates that she understands the concept of having 3-5 food groups at a meal. Planning and preparing meals with foods from 3-5 food groups is essential for meeting nutrient requirements necessary for optimal health, growth and prevention of disease.

297. [BI] At a recent home visit, using a Fruit and Vegetable Staging Algorithm, I assessed the client's current stage and readiness for change in relation to fruit consumption. The client is in the precontemplation stage (first stage) where she demonstrates lack of awareness of the importance of eating fruits and inadequate consumption. She received the stated materials specifically developed to help her move through this stage moving her closer to her desirable behaviors. On the subsequent visit, I went through pieces of the newsletter. I was able to see how the information indeed targets the current stage, in this case, through consciousness raising and environmental re-evaluation. It was like a light bulb turned on in her mind after we went through the points. She said, well maybe it would be a good idea to eat fruit, as if that thought had just occurred to her. [BI]
298. I was doing a lesson over the phone with a client who is no longer on WIC but wants to graduate from NEP. I had mailed her information on the grain foods group and was reviewing the lesson with her and asked her initial thoughts about the materials. She commented that she was surprised to learn there was a difference between refined and whole grains - she had no idea prior that there was any difference. I remarked that we just assume that foods would be whole grain. She agreed. Learning to recognize and identify whole grains is key in increasing consumption of whole grains which, as a part of a healthy diet can help reduce risk of several chronic diseases.
299. At a home visit last month with several participants, we worked on meal planning. They discussed some of the things they were doing well and some of the things that were not going so well with meal planning. After teaching them some of the meal planning basics, they each made meal plans for a week.

300. At the WIC office, we are able to use a computer. I showed one of my participants how to use the MyPyramid website. She said that she doesn't have a computer, but will go to the library to use one.
301. [PN] is a grandmother that is raising her grandchild. She said she has found it very helpful to receive the nutrition information from us. She has been able to gradually increase the vegetables for her grandchild. She is also eating better (more fruits and vegetables) as a result of encouraging the child to eat more.
302. My last home visit this month was wonderful because when I arrived at the house, the participant was anxiously waiting for me. When I began to teach the lessons (meal planning and MyPyramid), she was very interested in learning how many ounces we need from the grain group of MyPyramid. Another woman who lived in the house overheard us and asked me about the grain group. In their family they eat many more tortillas and bread. I explained to her about how many ounces we need to eat a day. She said we need to pay attention to what we eat or we will have more problems with our health. This lady has high cholesterol and she is very concerned about the health of their family. She invited me to come again to her house because she wanted to learn more about NEP.
303. This month I had a young female client and on our first visit I asked her what she was interested in learning. Her response was "Everything that you can teach me." Many times our clients are hard to reach, "forced" to receive our help, and really don't want to hear or learn anything. I spent two hours with this young mother of two children. We discussed My Pyramid for her and her children and each food group. She was also excited to get the handouts and the new nutritious recipes.
304. [PN] is a grandmother raising her granddaughter. I have seen her at WIC for the past 3 years. September was her last month to receive WIC checks. She came in to pick up her cookbook and certificate and to thank me for the 'great information' she had received. She said even though she had raised her own children she really did appreciate receiving our lessons. The lessons helped her to know how much and what kinds of foods the child needed to be eating.

305. A man that received a shopping lesson in the WIC office, told me that everything I had said about spending more money if you do not make a list is true. He asked me to come to his home and help his wife with this information. He said, “thank you for this program”.
306. After reviewing the Menu planning lesson, I asked the homemaker how she felt about food safety for our next lesson. She laughed and said, “I thought my kitchen was pretty safe, until I was reading in the cookbook about Wild Game and realized I should not be thawing my meat on the counter. I really could use some more skills on food safety.”
307. Our family is eating safer, we use separate cutting boards for our food. I am putting more vegetables in my food now. I learned many things to make that our healthy and don’t need the microwave.
308. I saved \$75.00 on my grocery bill this month. Paying attention to the price per unit labels was a big help. Cooking from scratch and following a recipe turned out to be very fun and easy. It was very easy to put more fruit and vegetables into scratch meals.
309. Bread in the Bag is awesome, as are all the other mixes. I was amazed how tasty and low budget all the mixes are. I sure wasted a lot of money over the years. Reading labels correctly and buying store brands saves some money.
310. \$50.00 a month saved and I didn’t even work hard. Unit pricing, label reading, and awareness of marketing schemes have helped with my savings. Our family is working on the healthier lifestyle. We have signed up for some kind of sport. I no longer use the boxed dinner aisle at the store, so there is a savings of time, money, and health.
311. [PN] big concern was she thought her daughter was not eating enough. So while doing the feeding young children lesson, I had her measure out how much food she was putting on her daughters plate. We then measured out how much was an actual serving and put that on a plate. She quickly realized that her daughter did not have an eating problem; she was just offering her too much food.
312. What a great month, my food stamps lasted all month! From learning to divide my food dollars into a 5 week plan, I was able to take advantage of a canned goods and meat

sale this month. I have made all the mixes and the cream of anything soup is a wonderful budget stretcher.

313. I feel so much more organized now. My food stamps last all month and nobody is hungry. It is truly amazing how much money is saved and health problems are better, by skipping the soda and boxed dinner aisles at the market. I have saved about \$20.00 per week by replacing two foods. I have included my family in making pre-cooked meals at home. We have a full freezer and anyone can pull out dinner and put it in the oven. Planned-overs are a wonderful idea. My new menus and shopping lists are such time savers.
314. My parents were great fans of everything I have shared from classes. My father (a doctor) didn't know anything about the 2 hour rule and all the other food safety violations in our house. We are washing our cans and can openers every use. We have stopped thawing meats on the counter. We purchased foam balls stretch bands, nerf Frisbees and other indoor exercise toys for when the weather is bad. My mom is not sure how much money she has saved, because my dad does the bills. But there was enough money left from her grocery fund to take all 7 of us to the movies.
315. I am sharing what I learned in CNP classes with my family. We are buying fewer pre-packaged foods and comparing nutrition labels on most like items. Our whole family has increased our activity level by putting limits on our time with the television and X-box. We all feel better and our food stamps last for the whole month.
316. I have learned 16 recipes from my cookbook. I am able to help my mother with dinners when she is having a bad day. Mom says that using the *Create your own casserole* chart is one of the best things I have learned. I no longer argue with my mom about her strict cleaning rules, because I learned that she was doing things right.
317. One man said that he has shared all the information with his wife. He has shared the information that they should reduce (or completely cut out) the trans fat in their diets and that their children will be healthier if they watch the amounts of fats, especially trans fat, in their diets.

318. One family stated that they have cut \$50 per month from their grocery bill and still are eating healthier. They have learned to use the food bank to purchase food for less money, which has resulted in them being able to get more food and spend less money. They think they will have saved over \$600 by the end of the year.
319. [PN] said that he has for the first time ever learned how to use a cookbook. He said he and his family now have stopped leaving food out over night and also always wash utensils before using them again.
320. [PN] stated that she now always eats breakfast and finds that she has much more energy and is able to function better in the mornings.
321. [PN] says that he now takes daily walks and has learned to read labels so that he can purchase food that is actually good for his family. He now can prepare foods from scratch and doesn't buy prepackaged foods. This is saving him over \$80 per month and he will have put aside close to \$1000 by Christmas time.
322. After the food safety class one client said "I went home and checked my refrigerator and lowered the temperature, now my milk tastes much better and I'm drinking more milk".
323. One client reported having a calcium deficiency and after the Dairy/Calcium lesson she reported the next week that she had started drinking calcium fortified orange juice and less soda. She also never ate breakfast until having heard the importance of eating three balanced meals, and after starting to eat three meals a day she actually was losing weight!
324. One client wrote "I have adjusted my thawing methods and am cleaning the cooking surfaces more often" after having been taught the Food Safety lesson.
325. One client wrote "I am saving about \$50 per month by eliminating some pre-made garbage food, reducing the amount of meat I serve and am wasting less food with better planning". This will translate to over \$600 saved during a year.
326. A young mother wrote "I am cooking a little healthier now that I'm aware of the health benefits of eating healthy".

327. This 35 year old mom took the CNP class and half way through the classes she had this to say, “I have learned so much from the Cent\$ible Nutrition classes. She also said the menu and making a list for shopping has really helped my family. I don’t dread cooking as much. I know I have the food and can make a good meal. All the nutritional tips have been really helpful too.” Her four children are enjoying the new variety of food being prepared also. They have even come up and told her how good the food is.
328. This is from a 19 year old male student, who’s class did the Cent\$ible Nutrition Classes, “The class has taught me how unhealthy my lifestyle is and how I can change that. I have learned how to read the nutrition labels on the food, and how to tell if it really is nutritious for you. I would have to say that the foods we made were in-fact my favorite part of this class. It made making food seem a lot easier than I had thought it would be.” This student made the most improvement in his diet out of the whole class. The first day of the class he had eaten 6 Swedish Fish in the 24 hour food recall, at the end of the class he had meet all of the nutrient requirements up to a 100% except for one. He also scored the highest out the class on the nutrition test at the end of the class. The teacher also pointed out that he has been turning candy, pop, and other junk food down when offered from other students. He has come to classes with soy drinks, and is really changing his eating habits to be healthier.
329. This 27 year old mom says this about the CNP Classes, “ The classes have taught me to give my family balanced meals to give them the nutrition that they need in every meal. I have also learned how to use the food I have in my pantry to make great meals for less. I never realized how important it is to keep foods separate and to use different cutting boards for meat and vegetables. Eating healthy and getting enough fiber in my diet is really important.”
330. This 69 year old women had this to say about the CNP classes, “ I am more aware of the nutrients in the different foods that we eat. I am also more careful about thawing food, and making sure the area is clean when I start cooking and cleaning good afterwards.”

331. [PN] has successfully completed the CNP program. She has given up her daily sugared soda and Cheetos. [PN] replaced ice cream with “lollie pops” which are the frozen yogurt pops in the cook book. She eats salads for lunch, and switched to 100% whole wheat bread. [PN] is training for the Special Olympics.
332. [PN] made great nutritional improvement, after reviewing his entry level food recall. He learned that he needed more calories for his activity level. Notice the Mt. Dew? We discussed the large amount of sugar and caffeine in the highly consumed beverage. The students were encouraged to replace it with low-fat milk or 100% juice. “I have learned how to make stuff, and use kitchen implements correctly.”
333. [PN] works at a grocery store and the “Super Market Persuasion” lesson is of great interest to him. “I have started looking at the prices on food, learned about the danger zone, and vitamins. I have also learned how to follow recipes”.
334. [PN] is a very good cook. She follows the instructions and encourages the other students.
335. [PN] enjoys making the brownies from the “Master Mix”. “I have improved my cooking skills, and learned about kitchen safety”.
336. [PN], a cook at a local restaurant, and says, “I now know the safe temperatures food should be kept at”.
337. “I’ve always compared prices when shopping but I have been able to save \$50 a month on food since I have been taking the Cent\$ible Nutrition classes. I learned that you don’t have to buy food in bulk unless it’s necessary. I’ve lose 6 pounds since I started taking Cent\$ible Nutrition classes. My husband has lost 5 pounds. I cut down on the amounts of fat and increased the amounts of other healthier foods”.
338. “I like the Cent\$ible Nutrition Program because it taught me how to compare prices and to eat the right amount of foods. I also learned to cook”.
339. “I needed help learning to make meals for 2 people. I always had too much leftover food. I took the Cent\$ible Nutrition classes and received the Cooking for You or Two cookbook and I have learned how to cook without making so much food”.

340. [PN] said “I am more aware of impulse buying since taking the Cent\$ible Nutrition classes. I now look on the top and bottom shelves at the grocery store for better bargains”.
341. [PN] said “I have been making better food choices and trying recipes from the Cent\$ible Nutrition cookbook. I feel better and have more vim and vigor”.
342. [BI] Several months later she made another visit to our office and reported how much she had learned from the program and that she actually had food stamps left over at the end of the month. This was something she said had never occurred!! She also reported that she felt better about the things she was feeding her children and herself. This same customer expressed to me that she had never used a shopping list, didn’t shop with the sale ads-the thought didn’t cross her mind. She just went to the store when she needed something, not giving it another thought. After completing the Cent\$ible Nutrition class, she used a shopping list, did less impulse buying, utilized sale items and was very proud of herself for being able control her spending.
343. I am more conscious of choices and not eating fast food as much.
344. I am saving \$50 a month as a result of this program!
345. Rather than only buying food for one meal, I plan ahead & save money.
346. I’ve been using bleach water in my kitchen to sanitize & I now grocery shop in the correct order dry to cold.
347. I’m eating less fat and eat more fresh.
348. A 57 year old homemaker was able to feed 11 family and friends with a 3 pound roast. She simmered onions, cut the roast into stew pieces, added a variety of vegetables and finished the dish with pasta shells. The whole meal cost her \$10.00 and she was excited to still have left overs for the next day. [PN] learned how to utilize a roast after participating in the menu planning class with one of her friends and I demonstrated how to many different meals you can get from a roast.
349. About \$200.00 {Saved}. Making sure I only buy what I am going to cook, plan meal during the week.
350. Less salt and not lots of cooking oil

- 351. Making sure feed kids proper meals by making sure they get veg., fruit, and dairy products.
- 352. lose weight, increase physical activity {To improve overall health}
- 353. Eat less and make sure to take vitamins {when pregnant}
- 354. \$120.00 {Saved per month}
- 355. Don't know how much saved – good amount, buy mostly store brand and less processed item.”
- 356. \$200 or \$300 {Saved} , by cooking more nutritional meals at home instead of eating out all of the time. My family have really enjoyed the difference.
- 357. Cooking healthier
- 358. I use my Cent\$ible Nutrition cookbook all the time to prepare dinner early to save time.
- 359. Using less oil, salt
- 360. I have learned to cook things that I may never have cooked before and I enjoyed learning them. I also have shared with my friends and family.
- 361. To use special cutting boards instead of the same one for everything. Also not to set my meat out to thaw on the counter or sink instead of the fridge.
- 362. Watch my sugar and salt intake
- 363. I lost 10lbs. Chase the little one and play lots of exercise.
- 364. I have learned to count carbs and fiber and to eat the right amounts of food from the food pyramid groups.
- 365. {Favorite part of EFNEP} Learning new things like read labels, safety.
- 366. {Favorite part of EFNEP} Learning to feed my family HEALTHY foods and being aware.
- 367. {Favorite part of EFNEP} Eating the nutritional foods and using recipe from book.
- 368. {Favorite part of EFNEP} Learning about nutrition and fiber to control my diabetes.
- 369. [PN] was at a friend's house for lunch. The friend was boiling hot dogs and [PN] noticed a bad smell. Because she had taken the CNP classes she checked the expiration

date on the label – it expired in 2004. The good news was they threw the hotdogs away and didn't eat them.

370. One of last year's young mother taking the class greatly benefitted. This woman lost her mother at a very early age, was taken in by a sister who herself was still young. She had no cooking skills or any idea of how to save money on food bills. During the class she was able to learn more from scratch cooking idea, and doing better grocery shopping. She and her family are eating healthier and saving money on food.

371. A few of the seniors vowed to exercise a few times per week. With the inspiration of chair exercises.

372. I have saved \$75 and \$100 dollars the last 2 months. I have learned to plan menus ahead of time, making use of what's on hand—which makes a smaller shopping list. I stick to this list at the store and I make sure not to go there hungry anymore. The safety of my meals has to be much better because I learned to sanitize before, during and after food preparation. Plus I shop for my perishable foods last. My health is better because of eating items from each food group everyday and getting the right servings of the food.

373. I was able to save \$50 on the food budget last month. My cooking skills improved by learning how to read labels, which resulted in buying healthier food choices for myself and my family.

374. I learned how to make great food choices that improved all my blood work and put enough weight back on me to shut up the doctors (+10 pounds in 2 months).

375. My health improved from reading labels and making more meals from scratch. I ate out less and used less pre-packed meals. I learned to experiment with leftovers to make new meals. My knowledge of kitchen tools and their uses increased.

376. Buying healthier food choices and eating out less at fast food restaurants saved me \$60 a month. I have added more pasta/vegetable dishes to my menu. I now throw away food that is left sitting out for an hour. And the best part is that at the beginning of my classes I weighed 190 pounds... and now I weigh 160 pounds!

377. I have increased my physical activities.

378. [BI] I have saved \$200.00 dollars this month. I am shopping only once a week. I make lists and stick to them. Reading the unit price and comparing the brands has made a large savings. I quit thawing meat on the counter after the safety lesson.
379. [BI] The biggest worry these ladies had were their houses weren't making the Budget for food every week. I looked at how every house was doing their menus and shopping lists. We worked hard on menus and lists before we ever did the fun stuff. Even on the weeklies I helped with we didn't make budget. While I was home ill and missing my groups I worked even harder on the menus myself, since all the houses have special diet constraints. I still did not make the budget but was close on the 2 smallest houses. I then armed Becky, Melody, and the 3 persons responsible for the food with battle gear for the budget makers. They had their menus and mine; plus what each one cost. They also had print outs from the USDA-food costs page. During class Jan.26th I found out we managed to get the houses another \$25.00 per week in grocery money.....not a large amount but at least it is a doable figure. There had not been a raise in grocery budgets for 5 YEARS! I bet these ladies will be on top of the current USDA figures from now on...
380. The educator is a very friendly person and I liked learning the recipes and tips. The last 2 months I have saved about \$60.00 on my groceries. Learning all the mixes and taking advantage of the loss leader items has really helped. The food safety demonstration has made me very careful with washing cans off before opening them and making sure my great-grandkids really wash their hands. I found out we are a multi generation CNP family when I started with my grandkids. They informed me that the educator comes to their school and that she had classes with their moms also.
381. What I liked best about this program was, "the cool ways to make dough and seasoning mixes to save money." I saved a wonderful \$62.00 last month, and we are putting anything saved from grocery money into a summer trip fund.
382. My husband and I are down to a more reasonable \$500.00 a month for groceries compared to the \$987.00 we spent the first month that we saved receipts. We saved a lot on groceries by just taking our lunches and the educator was right that the cost of proper lunch carriers and meals was much less than lunches out. For the moment our savings on

groceries have to be spent elsewhere but this is also a great thing because both of us have lost 2 clothing sizes. Health wise we feel much better.

383. I have saved \$20 and \$42 the last 2 months on my groceries. I have saved by making menus and making my own baking mixes. I think I will save even more as I get better with matching shopping lists to menus. I also learned a lot about safety, especially not putting cans in the refrigerator or thawing on the counter.
384. We learned plenty about keeping parents healthy enough to be able to care for babies. \$15 {saved} between us, not a lot saved but we aren't spending much anyhow. Both of us learned new recipes and are using the cookbook almost daily. We are walking with the babies as often as possible. Yes (new baby is healthy and weighed) 8 lbs 9 oz. Eating more green vegetables (during pregnancy) which I am still doing.
385. A graduate who was referred by TANF stated that CNP classes help her get a new job working in a local restaurant. She didn't realize until she started working how the food safety skills and cooking skills she learned from CNP classes help in her every day work.
386. An instructor for [EFNEP site] stated that her students remembered and applied to their lives the information they learned from CNP classes. She noticed that in conversations outside of class, the students often retold food safety facts, cooking techniques, and nutrition information to others who were not [EFNEP site] participants.
387. An adult recovery group participant stated that after the CNP class made the Bread-In-Bag Pizza he and others at the [EFNEP site] started using the CNP cookbook to plan and make meals at the center.
388. An adult participant stated that once she and started to use the menu planning skills and the CNP cookbook, she was able to reduce the amount she spent every month on groceries and make the food stretch farther. She now routinely makes menu plans and grocery lists.
389. One participant explained when she joined CNP that several years ago she was used to cooking for a crowd, but now she cooks for just herself and her husband and she ended up wasting food. After she graduated she stated "I don't throw away as much food

(leftovers) because I use smaller portions when cooking and by cooking with the magic mixes and freezing smaller portions for other uses."

- 390. We purchased salad plates to use as our main dinner plates. We are eating more correct portion sizes. Hopefully our children will understand correct portion size from this practice.
- 391. My husband thanks me each week for attending the Cent\$ible Nutrition classes. He is appreciative that I am learning to feed my family in a healthier manner.
- 392. I have lost 10 pounds. I attribute the weight loss to the increased amount of walking I do on a daily basis and eating closer to correct portion sizes.
- 393. When traveling, I now plan snacks different after taking the Cent\$ible Nutrition classes. We used to take soda, chips and candy. Now we pack baby carrots, cheese, crackers and fruit with water and juice. We find our sweet craving is also satisfied.
- 394. My husband and I do not drink lots of milk. Since taking the Cent\$ible Nutrition classes I add dry milk to my dry ingredients to increase our calcium intake.
- 395. Upon completion of the food safety class, I now know how to use a meat thermometer correctly.
- 396. Saved \$60 to \$65 per month by getting off brand products
- 397. Comparing prices learning about oz.
- 398. Checked ads.
- 399. Saved \$20 per month on groceries.
- 400. Always make a menu
- 401. Save about \$40 - \$50 with club cards
- 402. By checking and comparing prices
- 403. Planned leftovers
- 404. I have learned how to compare nutrition values and prices
- 405. I shop by looking at the prices. You don't need to get the most expensive
- 406. I learned how to feed my family more nutritiously and proportioned, got a lot of food ideas for snacks and such.

- 407. Although I haven't been shopping I have been reminded to check the price per ounce on items as well as the nutritional values – especially in the fresh produce aisle.
- 408. I learned how to save money when I shop, and how to feed my family more nutritiously
- 409. Making a list
- 410. Using the master meat sauce (7-21-08)
- 411. I learned menu planning and how to create “planned leftovers”
- 412. Learning to budget and get more for my money
- 413. I have learned to buy sensible
- 414. Compare prices
- 415. Look at prices on food
- 416. Learned to compare prices
- 417. I'm not sure yet, but a lot {saved}. By making planned leftovers and doing things like the master meat sauce
- 418. Great snack ideas, love the cookbook
- 419. I was shown how to look for bargains and coupons
- 420. Saved \$50 each month on food.
- 421. By shopping smarter by comparing prices and getting deals
- 422. None right now cuz I am in treatment but I learned how to
- 423. \$50 {saved}
- 424. Not buying a lot of junk food and then buying healthier foods
- 425. I've learned how to cook new things that are yummy
- 426. Learn to measure
- 427. Started cooking real meals instead of eating out
- 428. By checking for more nutritious foods
- 429. I received a great cookbook from [IN]. I plan to use it often when I leave [EFNEP site]
- 430. Cross contamination, appropriate thawing, other safety precautions, new and better recipes
- 431. Learning how to read instructions

- 432. By learning how to cook
- 433. Learned that cooking from scratch is best and cheaper
- 434. New recipes – cooking ideas
- 435. Learning what is healthy and what is not
- 436. I didn't know how to cook and I have learned a lot of new valuable information
- 437. Cook some of the recipes in the cook book I received
- 438. Grill most meat and vegetables
- 439. Portions
- 440. How to eat better
- 441. No cross-contamination of foods, not as many doughnuts, & put food away in refrigerator, and watch portion sizes
- 442. How to eat better
- 443. I learned more about not cross contaminating my foods. Also food storage and proper cooking of some foods, and safe thawing of foods.
- 444. Learn new ideas
- 445. I have a new cookbook that I intend to use
- 446. New ideas and alternative, healthier food alternatives (yogurt instead of sour cream)
- 447. How to properly measure ingredients, preparing food and cooking temperatures
- 448. My new cookbook I can't wait to try at home.
- 449. Learning how to cook more things from scratch
- 450. Putting more nutritious food into my cooking
- 451. By cooking more nutritiously
- 452. Be to more safe and creative
- 453. Improved my cooking skills by watching and listening
- 454. I know how to make healthy foods for less
- 455. I learned a lot about how to prepare food
- 456. Helping staff prepare meals when I volunteer
- 457. Healthier
- 458. Learned more

- 459. Learned how to make more different things
- 460. Learn new recipes
- 461. Using the cook book
- 462. By being able to cook quick, nutritious and affordable meals
- 463. Anxious to try better meals and know how
- 464. Shown how to cook healthier foods
- 465. I really didn't much know how to cook, now I do
- 466. I've learned how to cook more nutritiously, and I've found out some recipes that are faster but are just as healthy.
- 467. Use lowfat items, and less expensive
- 468. I have nutritious recipes
- 469. I learned to cook better by recipe, instead of smell
- 470. When I start I am sure gonna work on it
- 471. I'm wanting to cook and like trying new things
- 472. An easy sanitizer to make
- 473. Learned about bacteria how to prepare food and put it away
- 474. Wash hands. Use sharp knives
- 475. Separate everything and make sure hands are washed
- 476. By not mixing my beef & chicken products
- 477. Cross contamination, appropriate sterilizing of surfaces
- 478. Learn to make sure I clean up my mess and learned how to bag my foods appropriately
- 479. Cross contamination, temps, etc.
- 480. Contamination
- 481. I have learned what to do and what not to do regarding cross contamination
- 482. By knowing what to refrigerate and freeze. Expiration dates and such
- 483. By keeping my hands clean and food dated
- 484. By learning the safety measures to prevent food poisoning and salmonella
- 485. Do not cross contaminate
- 486. Wash hands, thaw foods in the refrigerator

- 487. Germs (Wash hands)
- 488. I now work in the kitchen; I make sure it is clean
- 489. Washing hands properly and cutting boards
- 490. Preparing and serving food and washing everything before and after preparing food
- 491. Wash fruits and veggies – learn refrigerator
- 492. Learned how long my food can sit out
- 493. Learning food temps, counter times and storage ideas
- 494. What to separate
- 495. Times things can be out
- 496. Like what temperature foods need and stuff
- 497. Learning how long meats should be cooked
- 498. I learned about the different hazards of food poisoning
- 499. Watching the safety kitchen movies and doing report to memorize
- 500. I know what's cool and what's not
- 501. Be more responsible
- 502. Learned how to do it better
- 503. Know what I can do and can't
- 504. Yes, know better temps and storage methods
- 505. By learning about bacteria's, importance of keeping hands clean, refrigerator and freezer temps, storing food properly.
- 506. Not thawing meat at room temperature.
- 507. Not leaving meat out to thaw and not cross contaminate
- 508. Taught proper ways to use utensils and thaw meat
- 509. Learning to clean and wash
- 510. Before I had a tendency to cross contaminate and cut myself now I know better
- 511. I've learned about sanitation and how to clean up as I go
- 512. Learned to clean and sanitize
- 513. I learned how to clean better

- 514. Using the bleach in the spray bottle we got in class. Not leaving cooked food out longer than 2 hours
- 515. This will help me to eat healthier and know my portions
- 516. Using fresh foods and watching labels
- 517. Prevent disease with veggies
- 518. Good food choices; wash hands
- 519. Exercise daily and eat better
- 520. The class taught me how to eat healthier and by cutting back on my portions
- 521. Healthy ways to cook, increase exercise, prevent disease
- 522. What foods to eat for quick energy, stamina, etc.
- 523. Carbs and such and calories
- 524. Prevent disease, and to increase physical activity
- 525. I have learned how to plan nutritious meals to better my health
- 526. By following a healthy diet
- 527. Exercising daily and eating less fats and oils
- 528. Increase physical activity
- 529. Trying to lose weight
- 530. I walk often and take advantage of the YMCA twice a week
- 531. Learned how to eat healthier and proportions
- 532. Walking more-raising my heart rate and maintaining that rate-reduce fats for losing weight
- 533. I learned how to portion my meals better, and to get better exercise
- 534. I have eaten proportions, wash everything, and exercise 5 times a week.
- 535. Learned how to eat right and healthy
- 536. How to balance foods of different kinds for a healthy diet
- 537. Exercise 30 minutes, amount of nutrients for each meal
- 538. Lose weight
- 539. By exercising
- 540. Eat healthier

- 541. By cooking nutritious meals
- 542. Lost 10 pounds and better eating by walking and not eating more than I need
- 543. I've learned how to use the food pyramid in my diet and what kinds of foods have what kind of vitamins
- 544. I've lost 8 pounds and 3 inches
- 545. Portion control
- 546. The cookbook has great recipes that are healthy
- 547. I have been watching portion control
- 548. I lost 7 lbs in a month and feel better about myself and appearance
- 549. One client reported that they no longer can shop in a grocery store without reading the ingredients list thoroughly on many of the food packages. Their whole shopping cart looks different now.
- 550. One client expressed that they no longer eat pre-packaged microwaveable meals after learning how to read the nutrition facts label properly in the Being a Super Shopper lesson. They have started using the Master Mixes and find that they can prepare the same foods easier and much cheaper.
- 551. One client reported saving at least \$100 per month buying better food and reading labels. Knowing what information was important on the label caused [PN] to make different choices when purchasing food for her family.
- 552. A client reported saving about \$50 by planning menu and preparing more food from scratch. [PN] stated that she found out the "cooking from scratch" wasn't so hard using the CNP cookbook. The recipes made it easy!
- 553. A client reported the best thing about the program was learning how to save money on food and shopping smarter.
- 554. This class was awesome. I learned a lot from her. I too am more aware of what I am cooking and what's in the food from my family. I also love the menu planning and grocery list that we got. I try everyday to feed my family healthier, nutritious food. I learned a lot that I can use every day.

555. I really liked the instructor and others in the class. I loved it. Thanks. The fajitas were delicious.
556. This class was great! One of the most useful things for me was just being aware of what my family was eating and making a conscious effort to include more fruits and vegetables into our diet. I also loved the time saving tips. I learned like the bread in a bag and master mix. It's so quick to mix up muffins or biscuits or anything. This class has just made me more aware of what I am buying and what I am paying for it. I loved the class.
557. I have learned so much in the Cent\$ible Nutrition Program. The menu and making a list for shopping has really helped my family. I don't dread cooking as much. I know I have the food and can make a good meal. All the nutritional tips have been really helpful.
558. I enjoyed taking the CNP classes. They made me more aware of what I was eating and how I could eat for less. I enjoyed the lesson about making more than one meal from a roast. I really enjoyed the fajitas! Also I gave the magic and master mix recipes to my brother who is allergic to soy. Now his family can enjoy sauces and mixes without soy products. She is watching for ads and is aware of persuasions and pitfalls'; doing this she has saved \$20 a month.
559. A mother with a family of four including her has saved \$100 a month. She is now being aware of how long her meat is out of the fridge, and she is using the proper way to thaw her meats. She is storing her food better. Both her family and her are eating better now due to the classes.
560. Another mother of four including her has saved about \$100 month also. She is looking at the labels a lot more when she is in the store.
561. "I have learned new ways to cook, such as broiling." She is also now using planned leftovers and is saving \$30 a month.
562. A mother with six in her family including her wrote, "I try to stick to my grocery list or most o the time I send my mother-in-law and that in itself has saved me hundreds! We try to eat healthier. I watch more of what goes in so it's healthier for my family. I am

more aware of what's going into our dinner. I am more cautious about what is being left out and how long it has been left out."

563. After the \$1.50 lunch I had two members of the community come up and tell me how they thought this program was great and how it could really help people.
564. I fixed lunch for my husband the other day using the Master Mix recipe instead of the regular recipe for biscuits and my husband loves it. He commented, "It's better than your old recipe. I enjoy all the new foods!"
565. I'm experimenting with more of the recipes in the cookbook and my "picky" husband enjoys them because they are the simple fare He grew up on. THANKS!!
566. This class gave me more usable information and I find it easier to control my blood sugars because I am eating more balanced meals. I wish I had known this information 30 years ago, I would be healthier today!
567. I wish they taught this information in every school. If we had learned this earlier I would have understood how important healthy eating and being active are to my well being. After this class I realize just how easy it is to be healthier.
568. I really love this class. I am no longer so lonely. I have made new friend, and they are struggling with health issues just like me. We now go together to the store and split bulk purchases so nothing goes to waste.
569. My daughter is a dietician and she is thrilled that I am finally taking an interest in my health. After my breast cancer I withdrew from life and starting eating only once a day, even skipping some days. I am much more active and I get out to the Senior Center every day. Thanks!! You should teach this to every child.
570. I decided to come with my friend to a class and I had no idea how wonderful and fun learning about nutrition can be. I am eating regularly again and go swimming ever day. I feel so much better, both physically and mentally.
571. I look forward to every Thursday morning because I know I will learn things that help me save money. I am also learning how to use many of the food I get from the food bank, I love all the new ideas and the cookbook really helps me plan my meals using the Nutrition Information. I have several health issues to deal with.

572. My husband is a diabetic and I always had trouble planning meals to help him keep his blood sugars under control. Cent\$ible Nutrition gave me the knowledge to help my husband succeed. His doctor is so proud of him and me now. My husband is not so sick and he enjoys doing things again.
573. My favorite class so far has been the Fruits and Vegetables lesson. I did not realize how different each food was. I sure didn't know that they had more than vitamin A or vitamins C. I recently was told I have high blood pressure and because of my medicine I should eat foods high in potassium. Now I know what foods those are. Wow! I am learning so much I love this, and it is easy to!!
574. My doctor recommended I take this set of classes and I am really glad he did. I am learning a lot of important things and I don't have to take tests and everything. I don't feel so under pressure, we learn and have fun and make food in ways that make it more affordable and Healthy.
575. This program helps me stretch my food stamps to the end of the month. As a single mom it is really hard to feed my kids healthy. I think menu planning has helped me the most.
576. I'm planning menus now and saving a lot of money! It's much easier to cook now and try new things, which I would never do before. I use the CNP recipes a lot.
577. I'm saving money at the store by checking the price per ounce, to make sure I'm getting the best value.
578. I loved the master mixes! Easy to use and quick. I learned a lot about food safety... Temperatures and refrigerator temps... thawing foods, etc.
579. Great class! I can't believe I now plan meals and make food from scratch.
580. The average I've saved is \$20-\$50 per month, but sometimes it's as much as \$100 by making meals from what's on hand... So I avoid my weekly grocery store trip. I've learned how to more effectively plan our meals. This helps us make sure we're getting proper nutrition and we save money because I'm not buying food that goes to waste. I loved it all! Would've loved to have done more classes because the information was so useful.

581. I saw how some of the recipes were made in class and saw how easy and delicious they were. It inspired me to try new recipes. This class has given me more confidence in my cooking endeavors!
582. I'm saving around \$75/month just by using a grocery list. I enjoyed everything about this class: learning, meeting new friend and more!
583. The best part of this class was learning by actually cooking. The master mixes are great.
584. I really liked being able to cook foods I wouldn't normally cook or even try! Loved the crunchy salad and cabbage burrito!
585. It was great! I learned a lot! A lot of useful information, like learning to read food labels. I loved the cookbook and cooking in class.
586. During the first lesson one participant told the rest of the class that her husband was very happy that she was taking the classes because they basically ate out 95% of the time because she didn't know how to cook. After attending a few classes she began to use the cookbook. Each week she would come back and tell the class what she had cooked. Her husband thought it was a "miracle".
587. When I get to go home I plan on using the Master Meat Sauce
588. We made bread in a bag and one participant said "wow, I never thought I could make bread" The following class she shared how she was so impressed with herself that she went home and made more bread.
589. After I had demonstrated how to measure flour I had one gal say "I'm 55 years old and how did I never learn that?"
590. I saved money on food by following the sale ads and planning menus accordingly. I also buy mostly store brand foods. I improved the safety of my kitchen and food by using the sanitizing spray to clean my kitchen and bath. I improved my overall health eating and serving more vegetables and homemade food instead of prepackaged foods.
591. I had twin girls weighing in at 4 lbs. 11 oz. and 6 lbs. 14 oz.. During my pregnancy I ate more veggies and drank a lot of milk.

592. I learned to use healthy alternatives. I improved the safety of my kitchen and food by getting more information on food safety.
593. I saved about \$20.00 a month by eating out less often. My wife died and she had done all the cooking. I learned some basic cooking skills that I can use to cook for myself and not have to eat out all of the time. I improved the safety of my kitchen and food by learning proper food handling and storage. I'm trying to get more exercise.
594. I saved \$40.00 a month by eating less "fast food" and processed food. I'm cooking more than what I did before. I found out that I should not put the bleach in with my dish soap. So now I use the spray bottle or dip the dishes in a sink of bleach water. I was given tools to help me find more nutritious "combination" foods, serving sizes, and calorie intake vs. exercise to improve overall health.
595. I have saved about \$50.00 so far on food. I'm cooking more from scratch and I'm not leaving food setting out anymore.
596. Buy more fruits in season, shop
597. No cross contamination
598. Learn about health.
599. It helped me be more aware of the food safety.
600. Look for better deals.
601. Don't mix meat with salad.
602. Learning about cross contamination.
603. I learned what fruits and vegetables contain what vitamins, and how much fat they have.
604. I know more recipes
605. Temps, storage procedures, etc/
606. Preparing by the recipe book
607. Cutting calories, fats, sugars, etc.
608. Taught to add fruits and vegetables to meal along with texture and taste.
609. \$300.00 {saved per month} by using Master mixes in cookbook

- 610. Using bleach water on the counters and using separate cutting boards for meat and vegetables.
- 611. More active, have more energy
- 612. \$115.00 {saved per month} using coupons, cheaper things same value
- 613. Not use bad oil, cook healthy not junk food, always use fresh things
- 614. By learning to cook with healthier oils and fresher food.
- 615. By learning how long to keep meat and other food out. Make sure you cut away from yourself and nothing dangerous.
- 616. Do not eat junk food or drink pop to fill yourself up.
- 617. I learned that different food carry different nutrients, that can help you become more healthy.
- 618. I use store brands rather than name brands and I limit the sweets coming into the cart.
- 619. Instead of cooking with bacon grease I cook with vegetable oil. And I use our fresh meat instead of store bought.
- 620. I'm better at keeping meat off the countertops and washing my hands after touching different things.
- 621. Eat healthy foods and only buy fat free and we always get 1% milk.
- 622. Learn to cook better and clean up after myself faster
- 623. Don't buy junk food not buy processed food
- 624. Look at the label and not buy processed food
- 625. Make food more healthy
- 626. I know how to eat healthy food.
- 627. I'm not sure how much {I've saved} but I look for lower prices
- 628. I learned how to cook more things
- 629. More energy from eating better
- 630. By buying fruits and vegetables and meat
- 631. By staying and keeping everything cleaner and cooking better food
- 632. Eating better, taking soda out of my life and eating fruit every morning, and drinking lots of water

633. I learned what nutritious food does to you
634. I learned how to make different things in a healthy way
635. I learned how to cut things make sure food is good and healthy
636. Started cooking things from the cook boo
637. Don't leave food out
638. I have been making healthier meals and cooking more often. I use my Cent\$ible Nutrition cookbook and try new recipes. I have also started reading food labels and have started buying whole wheat bread for my family.
639. I have saved money by menu planning. I now buy foods that are on the menu. I have less food wasted.
640. I have been reading food labels. I look for whole grain cereal now. I have been using whole wheat flour and making Bread in a Bag from the CNP cookbook.
641. I learned to make Master Mix, Master Meat Sauce and Magic Mix from the CNP cookbook. It is easier and cheaper for cook good food for my family.
642. [PN] and [PN] took the Cent\$ible Nutrition class together. They were able to save \$40 a month on food by cooking more from scratch, comparing prices at the grocery store and being creative. They also started eating whole wheat bread, and walking instead of driving to do errands.
643. I found Cent\$ible Nutrition classes very interesting. I learned healthier ways to cook and the benefits of eating fruits and veggies.
644. I learned about MyPyramid and now I realize it isn't as hard to use it as I have always thought. Now I also know how to read food labels.
645. I can now bake bread, which I never thought I could do before taking Cent\$ible Nutrition classes.
646. I have lost 36 pounds since I started taking Cent\$ible Nutrition classes. I have been watching my portions and eating healthier. Cent\$ible Nutrition has made a big difference in my whole lifestyle.
647. Cent\$ible Nutrition classes helped me to cook from scratch instead of buying microwave meals. I am also drinking 2% milk instead of whole milk.

648. I never go to the store now without a grocery list. A lot of times I would shop and come home and not know what to fix for dinner because I didn't plan menus. Now I bring my cookbook to the grocery store in case I need to look up recipes. I have also been able to save \$50 a month on groceries. Cent\$ible Nutrition is awesome.
649. Cent\$ible Nutrition is fun because of cooking in class with friends. I am willing to make more new recipes at home now.
650. Cent\$ible Nutrition helped increase my knowledge of cooking. It taught me that cooking can actually increase mental health, as well as physical health.
651. I have saved \$40 a month on food by buying and preparing foods and by not buying ready prepared foods.
652. I have learned to cook healthier foods for my family like pasta fagioli and meatballs, which is now a new family favorite. I started to drink more water. Before the class I would not drink any water at all now I try to drink at least a liter a day. I have also started to eat food that I would never have tried before. I have shown my son how trying new food is good for him. I am still trying to get more fruit and vegetables in our diets everyday and I am making improvements in this area also, since I started taking the Cent\$ible Nutrition classes.
653. I learned how much vitamin A and vitamin C fruits and vegetables contain. Something else I learned was to buy my meats and other refrigerated foods last. I also learned the amounts of foods that I need to be eating. It is also very important that I don't leave food out of the refrigerator for more than 2 hours because of bacterial growth.
654. The classes were very interesting. I really enjoyed learning about the food pyramid and what I need as far as each food group. I did not know that I needed I needed to eat food from eat food group. I also learned how important color, texture, temperature, size, shape and nutrition is important when making meals for others. I learned how to examine the nutrition fact labels to see what snacks are lower in calories and fat.
655. I learned how to test a food for nutrition by using the label ease finger counting in the store. I enjoyed learning how to make a weekly menu and that it must have calcium, vitamin C, and vitamin A planned into it. While learning how to make menus, I learned

the importance of mixing up the color, texture and flavors of the foods offered. Since taking the class I have been drinking more water before I did not drink fluids at all in a day but now I do. I am eating more fruits and veggies and they are not always the same ones either.

656. The most important thing I learned was that everyone's caloric intake is different depending on their lifestyles and physical activity. Because we are not all built the same and not all physically active to the same degree our caloric needs are different. Before these classes I thought of the food groups as just that but now I know we must have so much from each group in our daily foods we eat in order to reach a healthy eating goal. Now I read labels and compare them with one another. I save a lot of money and always know what I will be cooking now because of planning weekly menus from the grocery sale ads. We have been eating better and are a lot healthier for following everything I learned from the classes. Before this class I was only eating apples and bananas, now I eat all varieties of fruit. The dairy group was the hardest for me to consume enough of. I could not drink milk-I did not know yogurt and cheese provide calcium also. I never drank water at all. I use a lot of ice and drink at least 4 glasses of water every day.
657. After taking the CNP classes I am saving \$50.00-\$60.00 each month on groceries. I am able to do this by comparing prices and only buying what I need. I accomplish this by making a weekly menu with the food that I have in the house and buy the rest from the sale ads and then write a shopping list from the foods I don't have, and buy only what is on it. I have improved my health by cooking more nutritious foods and trying new recipes from the cook book. I did not realize how important it is to eat 3 cups or more of vegetables every day and to drink a lot of water. I am 46 years old I have been constipated all my life and had acne like a teenager, I never thought that would change, well...it did. Before taking these classes I might have drank 1 cup of water a day. I would drink some coffee during the day but that is it. After learning that I was not eating enough fiber or drinking enough water I made the goal to eat 3 cups of raw vegetables everyday and make each one of the cups a different color of vegetable. Now I am drinking at least 5, 16 ounce, bottles of water each day and eating 3 cups of raw veggies

too. I am no longer constipated and my acne has cleared up for the first time and my friends say my complexion is so beautiful and what did I do. I tell them too eat at least 3 cups of raw vegetables and drink plenty of water. They are amazed that is it, but my family and myself are believers.

658. A week or so ago one of my students from three years ago stopped in the extension office. We talked a little and he said that they are still using the cookbook and love using it. This was a couple who attended together.
659. I learned that you can see how good nutrition is with the labels.
660. I learned how to read nutrition labels. I'll read them more when preparing meals.
661. Making more nutritious food and preparing things right. {Improve food safety} by after making dinner cleaning it.
662. I had no idea how to make bread, now I know. We don't thaw meat in the sink any more.
663. Cook vegetables, not eat out. {Save money} by not eating out. {Using} cook book.
664. Reading the back and labels of food. {Save money} by finding the cheapest food. {Improve cooking skills} by knowing more about what I'm cooking. {Improve safety of kitchen} if in doubt, throw it out. {Improve health} by reading labels
665. Cook at home more, get more variety, {put} thermometer in fridge, minimized portions, and increased activity.
666. Learning how to cook a healthy meal, learning how to store different foods. I really enjoyed it, great program.
667. \$50-75 {saved}. Now I have ways to prepare for other meals, faster meals to cook, and not so much pepsi in diet.
668. I always clean my kitchen with hot and soapy water and Lysol.
669. Less carbs and more protein and smaller portions.
670. Make fast and easy meals. Great, tasty, and fun food! Clean and wash your food area and sterilize your hands. Make better food choices. {Use} can foods and check the "real" nutrition.

671. Make a list. Learned to cook more healthy and make quick meals by putting hamburgers and stuff in freezer. Learned how long food can stay in fridge before it goes bad and how much grains, veggies, fruits and proteins to have in a day.
672. Got new recipes. Learned the right temp for food.
673. More exercise.
674. More salads. 50-\$100 {saved} get what needed. Wash, wash always. Eating more nutrition. You learn how to eat healthier.
675. I learned to choose more healthy food when I go to the store. {Save money} by shopping same food for less money I learn how to compare prices. {Improve safety} especially cooking and handling turkey.
676. I do more homemade.
677. Finding a variety of food in proportion. \$100 {saved} find more reasonable priced food and learn new healthy tips.
678. Use more fruits and vegetables. {Save money} by buying the stuff on sale. {Improve cooking skills} by using the nutrition cooking book. {Improve safety of kitchen} by keeping my kitchen clean and not cross contamination.
679. Stopped buying unhealthy foods as much. {Improve safety of kitchen} check my food more.
680. It was real easy to cook and prepare lot of meals. Learning some of the foods I liked were for fattening than I thought they were. {Best part} The food and how easy it was to make, prepare and the cost.
681. Easy to make meals, learning to roll out dough, and being able to actually do the cooking.
682. More milk, measuring flour more carefully, thaw meat in frig and use thermometer, I have few cravings when I use the chart to eat proper number of servings. I really enjoyed the information and it was very nice to have it at a flexible time.
683. Eating a more balanced diet, actually taking time to eat three meals a day, and have added more fruit and vegetables. \$5-\$10 {saved} each week, continue to watch sales,

make menus from what is on hand, started exercising each day, and am working on losing weight.

684. Put more vegetable with each meal. I cook more often. I prevent diseases by not letting food sit out for too long.
685. I have better recipes to choose from and more confidence when I cook. I loved it-the kids could not wait to come. I liked the nutrition facts.
686. My cooking skills improved by me measuring differently and I haven't burnt anything.
687. My food is more healthy. I use different cutting boards for different foods. My physical activity improved so did my health.
688. I think IF I can choose better food I could lose a lot of weight.
689. Well, I don't eat as much junk food anymore. I haven't really cooked but when I do I know how. I know that the different temperatures for all the meat and stuff. Well I increase physical activity. No junk food.
690. Workout more and eat healthy.
691. I eat more fruit. I cooked more.
692. I learned how long food should be out before putting it in the fridge.
693. I learned how to actually cook. I clean up after every time I cook.
694. Help pick out more healthy food at the grocery store.
695. {Save money}by looking at sale. Helps people with cooking who does not cook much.
696. The recipes in the cookbook. We got to learn how to cook a few of the dishes.
Learning how to eat more nutritiously.
697. Cook healthier. Buy healthier things. Cooking things in the cookbook. Preparing food safe. Cooking food that is healthy.
698. I eat healthier. Learned how to cook. Lost weight. Improved: no wheat flour in bread in a bag.
699. Learned how to make new food.
700. Not buy too much salts and not nutrition food. By reading directions and attempt new recipes. By doing dishes as I go and keep things safe around the burners.

701. I know how to check if foods are healthier. Learned what foods are cheaper and healthy. Learned how to cook different foods. Learned food safety. Learned how to care for food better. {Best part} The cooking and trying different foods.
702. I use my cookbook. Buy in mass. Learning how to cut veggies. Learned how to use my knife. {Best part} The healthy part.
703. By using the cookbook at home and in class. {Best part} Cooking.
704. I have more variety with what I can cook.
705. Eat more fruits and vegetables. Be more useful to not using hands.
706. Getting more fruits and vegetables, not eating out as much. By comparing prices and shopping cheaper. Washing and sanitizing more. Keep knives away from children and cooking food all the way. Exercise and eat better foods.
707. Eating more fruits and vegetables. Not eating out as much. Learned how to make more foods. Learned more cooking safety. Eat healthier.
708. Learn how to make new food.
709. I learned what is better for me and how to cook nutritionally, which tastes good. Learned how to make cinnamon rolls at home. To hole my food clean and good.
710. Brought my cookbook home and we had more ideas. I practiced more (cooking skills). I am eating healthier and know healthier ways to eat. {Best part} Trying new foods that are healthy.
711. Improved cooking skills by learning how to make hot pockets. Improve health by using yogurt instead of mayonnaise.
712. Improve cooking skills with the cookbook. Eat more nutritiously and exercise.
713. {Feed myself more nutritiously} by eating more fruit and more home cooked meals.
714. Look how much fat and stuff. \$50 or more {saved}, compare foods. {Improve cooking skills}by following the cookbook, follow direction, eat better, and exercise more.
715. I learned how to eat the right amount of food from each food group. I look at the prices before I buy food. I never have cooked nutritious food before. I learned how to use the utensils the right way. I have increased my physical activity.

716. Learned new healthier recipes. Learned how to make new things. Learning safety guidelines. Learned healthier foods.
717. Learn new techniques.
718. Use recipes out of our new cookbooks.
719. Using the cookbook I can make nutritious foods.
720. Used health foods and not leaving a mess.
721. Preparing healthier meals.
722. Watching what I eat and the serving size of what I eat.
723. Using my new cookbook to cook healthy foods.
724. I need to incorporate things from each food group in my meals.
725. Not cross contaminating with knives.
726. Learned cooking skills that will be useful.
727. Cooking better foods instead of just the good food.
728. I will lower the sugars and fats in my diet.
729. Using cookbooks that have nutrition information, like our free ones. {Best part} Trying out new recipes.
730. Use my new cookbook. Learned how to make new and different kinds of foods.
731. I didn't realize before I took this class how easy it is to cook great food.
732. I will be more conscious of the foods that I eat. {Improve cooking skills}I learned new methods.
733. Practicing more with a guide and finding easy nutritious meals.
734. Learned how to cook certain things. {Best part} Food and the talks we always had.
735. Taught me how to chop onions and cook them. Food safety against raw foods.
736. Eating better/healthier, less food, taking in more than needed calories daily.
737. I learned new things to cook that are nutritious. Learning how to do things properly like flour. Learning that leaving measuring cups in containers is dirty you should never do that. {Changes made during pregnancy} No mountain dew. {Best part} the homemade hot pockets.
738. Learned how to cook new recipes.

739. I don't break my eggs over the pan.
740. Not leaving food out, how long it can stay in the fridge and stay in the freezer.
741. I want to eat more fruits and veggies and have more calcium in my diet. {Best part} I liked all the information about all the food and vitamins.
742. More home cooked, less processed.
743. Giving them more calcium the correct way.
744. With [IN] help we are now able to make better choices, to get lower fat and salt and better nutrition.
745. By using more bleach. Defrosting foods better.
746. Plan meals and shopping list.
747. Feed myself/my family more nutritious. Start considering all the food groups and try to start including all of those. Planning meals for the whole week. Learning food safety. Cleaning properly, proper food storage. Eating healthier.
748. I learned how to read labels and pick food better.
749. {Improve cooking skills} being more experienced with food/health.
750. I know about the danger zone—freezer burn—and what cross contaminating is.
751. Cross-contamination and temps of fridge. {Changes made during pregnancy} I ate better, cut back on coffee after learning how much sugar and pounds I gain each year. {Best part} the hand on experience was awesome!
752. Couple bucks {saved} Buying generic food that's cheaper.
753. {Changes in pregnancy} Eating very well.
754. I buy healthy food. \$60 {saved}. I got \$97 worth of groceries that were healthy. Learned new things about safety. Lost maybe two to three pounds by eating healthy. {Best part} it helps decide new healthy eating habits.
755. I couldn't cook worth crap til now.
756. I can make that mix stuff now. {Safety} sanitizing everything.
757. I learned how to make new things.
758. Learned more about it by the pyramid, etc. I've saved a lot by not eating out as much. {Improved safety} by learning more about safety and nutrition. {Improve health} by

learning about nutrition and what it does. {Best part} learning FACTS about being healthier and cooking.

759. I learned how to make easy cheesy chicken enchiladas. Lost weight and increased physical activity. Read back (label).
760. Knowing what foods to buy and what food not to buy. \$50-100 {saved} by being more picky about what I buy. Learning how to cook in class and looking up recipes in my cookbook.
761. I improved my cooking skills because I know how to make it healthier meal.
762. To read the labels and see if it's a 5 finger food. I know how to make new things that are not in a box. I learned about cross-contamination.
763. Feed myself/my family more nutritiously by planning it out. I learned to chop onions and sauté and also how to shred chicken.
764. I learned it is more important to watch what you eat and how it has been improved.
765. I've looked closer at what I eat and I watch what I eat so I can be healthier.
766. A nutritional skill I learned for myself and my family is eat more colorful foods every meal.
767. I eat fruit, and smaller portions. I'm way good at making food and I've learned skills. I've learned ways to be sanitary and eat healthy.
768. {Feed myself nutritiously} amounts. Make a list. More variety. {Best part} new things to cook.
769. {Improve cooking skills} because I cook and learn new every day.
770. I learned how to cook better.
771. I'm more "sanitary" in the kitchen and I know how to make more things.
772. I am more self conscious on being clean when I'm eating.
773. Can choose better, healthier food.
774. Menu planning and label reading. Shopping the sales ads. Fruits and vegetables that are in season. Frozen over canned. We are eating healthier at home, making better food choices. Limiting expensive, unhealthy meals. Learned the proper way to chop vegetables, had lots of fun cooking with friends and [IN]. I have always tried to be safety

conscious. Even more aware of it now. Shopping smarter, reading labels, watching sugars and fats. Eating more fruits and vegetables. I will recommend this class to all my friends, coworkers, families I work with—thank you. Like best: Nutrition education, cooking, laughter. This was a very fun class. I learned a lot about nutrition (label reading), making healthier choices, making cooking fun. Thank you for the cookbook and all the goodies.

775. Watching my fat choices, choosing a better selection of foods and watching my portions. {Best part} The company, it was great. Call me next year. Eating the food and healthy ways of cooking it.
776. Cook more with my mother and father and neighbor. {Best part} Eating the food. Touching the raw chicken. Thank you for the class.
777. Watching sodium and sugar content. {Improve safety of kitchen} cross contamination, proper storage of fruits and vegetables.
778. I've learned healthier food choices, made easy and affordable.
779. Reading labels and pick out what is the good foods for you to eat and have all day.
780. By learning food safety. I've learned new cooking techniques and was given a recipe book.
781. Watching sugar intake and portions served. \$200 {saved} - buy what's on sale at every store.
782. Learned more on the food pyramid, beings how it newer then what I learned. {Improve cooking skills} how to make good home-made meals.
783. Reading labels and using healthier products.
784. Learned how to read labels so I know which foods are best for my family. Because of label reading I can eat better.
785. I know how to make awesome food.
786. Cook more.
787. Make healthy food.
788. We have been eating wheat bread.

789. This young man shared that he now cooks dinner for his family using the cookbook on a regular basis—he also excelled at menu planning and making a grocery list and said it would be a big help to his family.
790. I learned how to cook more food.
791. Knowing that you need all different food groups at each meal.
792. Learn to cook better and more healthy.
793. I have improved my cooking skills in this class.
794. I eat more veggies and vegetables. I cook more healthy so therefore I eat healthy. Plus learned some cool things to eat. I am aware of the diseases that can happen with uncooked food so I prevent.
795. Eat more healthy.
796. I quit drinking pop and eating fast food.
797. I wash my hands now and make sure all the food is fully cooked.
798. Buy less junk food.
799. Cooking more following recipes getting experiences.
800. {Feed myself more nutritiously} more fruit. {Cooking skills} learned to fold hot pockets.
801. Use more whole grain flour and healthier foods to make meals.
802. I'm always telling my mom about what's nutritious and what's not.
803. Cook more.
804. Eat more fruit and veggies. Cook more. Follow directions, inspect items. Exercise, eat right.
805. Buy more natural foods. I have cooked once. Yes, clean things more. Prevent disease by eating non expired food.
806. I make sure not to eat very fatty foods and I work out every day of the week I can (4-6 times a week).
807. A young family with two babies found the information from the CNP class very rewarding. Saving money was one of their goals. With the menu planning, making

grocery list, cooking once and making two meals and using the mixes, this couple saves an average of \$40 dollars a month. Huge for them.

808. Saving food receipts helped a Sundance family realize the amount of out of pocket money they spend, besides their monthly food stamps. By continuing this practice, they cut out wasteful spending.
809. The CNP classes and cookbook helped a mother of 5 young children feed her family nutritious meals. She used to feel overwhelmed trying to buy enough food, mainly meats, to fill them up. She learned many new recipes using smaller amounts of meat and adding more vegetables, also supplementing beans to stretch the food budget.
810. [PN] was thankful for the CNP information for her 2 young children. Her children were picky eaters and often refused to eat at meal time. She felt that she learned many new techniques, including how to change bad behaviors. Her children are less picky and eat better at meal time now.
811. We are saving money because we eat at home now. We allow our self to eat out once or twice a week instead of 4 to 5 times a week.” This is what a mother reported at the end of her classes. She saves around \$30 dollars a week, is proud of her progress.
812. “We love all the mixes in the cookbook” another mom said. She is saving money and feels that her family eats more healthy meals now. She is using more vegetables and fruits.
813. [PN] said she wished that more people would take these classes because they are fun and you learn a lot. “I love my cookbook, I use it daily.”
814. 32 months ago I worked with a very sick sad lady. Since then she has dropped 58 pounds and only has to go for dialysis 3-4 times a year compared to once per month. When her doctor asked what she was doing different she bragged about label reading and portion control. She made an extra trip to the Doctor’s office to show her the cookbook and all the other lesson handouts she still had. September 9th this year, the doctor has another very sad and sick lady on her hands. So much so, that she is temporarily placed in the nursing home. The Staff called me about the referral they had been given by the doctor. I have met all the upper staff and part of the aides at [EFNEP site] and the new

homemaker. We are set to start lessons in a week. I'm excited to have a doctor buddy and affiliations with the Dialysis Center and the nursing home.

815. I know what the extra fat and calories in foods will do to me so I am reading labels more and making better choices. I have learned to follow recipes so that I can make foods that taste good and I am washing my hands more often.
816. I didn't save my receipts as well as I should have but I think I am saving about \$20.00 per week. We are buying less sodas, chips, and other junk foods. We no longer let foods sit out more than 2 hours and we have stopped thawing meats on the counter.
817. Wash wash wash; we wash our hands, counters, sinks, and vegetables all the time now and our family is healthier.
818. Having been court ordered to take nutrition classes, I was very surprised to find out just how much I didn't know about feeding my toddlers. I now have my daughters back and we have fun making food projects daily. I am amazed how many projects we can make with peanut butter and dry milk.
819. One client commented that his favorite class experience was making homemade pizza with Bread-in-a bag dough. He says, "I didn't know homemade pizza could taste so good - even with the whole wheat flour!"
820. A mother-daughter team joined the classes together and state they use their measuring cups and spoons almost every day- they were grateful to have the nice incentive items.
821. One participant is thankful that she learned how to plan menus, especially since the economy has hit. She states, "I have been using my cookbook ever since I got it and it has helped even in small ways, (like the spice mixes and sauces) to reduce my grocery bill.
822. One participant liked the basics of the class, MyPyramid, food safety and preparing and sampling simple, yummy homemade recipes.
823. One participant- who is concerned about her family's health - was very thankful to receive the plastic bottle and sanitizing solution recipe to use and ensure sure her kitchen is safe.

824. I took the CNP classes over a year ago and I think the master meat sauce is great! I still make it all the time and my family loves the taste. I like having it made ahead of time to save myself time and money.
825. I just graduated and since I started the program I have stopped drinking pop and those energy drinks. You know what is funny, I actually have *more* energy now that I stopped drinking them! I have also switched from white to whole wheat bread and my kids actually love the whole wheat and won't go back to white bread. That is important to me because I cook for my dad who is diabetic and the whole wheat is better for him too!
826. From a very happy 67 year old trying to increase her calcium intake, regarding the Dairy Lesson, the magic Mix, and the cream of broccoli soup: "This takes milk to a whole new level!"
827. After the dairy lesson I learned that no one in my family needs the calories or fat from consuming whole milk. Our family goes through a lot of milk daily. I was shocked to see how much fat an 8 oz glass of milk has in it. Both myself and my four children drink far more than 3 cups of milk a day. I decided to make a change to skim milk. No one noticed the change except my husband and I told him no one needs all that fat and he drinks the skim also. I lost 5 pounds in one week and the only change was drinking skim instead of whole milk.
828. After a lesson with the CNP Educator about feeding my 2 year old, I realized I was giving him far too much juice and milk and this was spoiling his appetite for food at meals and snack times. He would not eat at meals because he was filling up on juice and milk in between meals and snacks. With the suggestion of offering milk at meals and snacks times or no more than 6 ounces of juice at one of the snack times, not to exceed 6 ounces total in a day. I implemented these suggestions offering water in between meals and he is now eating and trying food he would not eat before. He was not happy about the reduction of juice but I stuck to my guns and now he is eating much better at meals and snacks. I am saving \$250.00 a month on groceries now. Now I thaw food in the refrigerator and microwave instead of on the counter. I have lost a lot of weight and all my clothes are loose on me!! I loved this program!

829. After my CNP lessons I don't use as much oil and butter when I cook. After learning about the danger of not handling food properly, I no longer defrost my meat on the counter. When I might forget to take meat out for dinner I would set it outside in the sun to defrost faster and I will no longer do that because I learned how fast bacteria can grow and I don't want to make my family sick. These classes helped me a lot! Thank you.
830. My family is trying our best to eat a "rainbow" of fruits and vegetables. We are eatng more "anytime" foods and less "sometimes" foods, plus we are focusing on eating more whole grains.
831. I did not realize how much we spent on eating out. We are eating out less and saving at least \$50.00. We don't eat out very often now.
832. I have become a more creative chef and now I know how to make delicious home-made whole wheat bread. The cookbook is a great resource for a family onn a budget!!!
833. My health has improved by changing the way I think about food and by inspiring me to set reasonable goals for myself when it comes to weight and exercise.
834. Thank you for helping myself and my family understand the importance of a good balanced meal. After learning how much fat is in whole milk we have changed to drinking skim milk. Thank you.
835. The Cent\$ible Nutrition classes have helped my family in many ways. We have stopped drinking whole milk and now drink skim. We drink more water and less soda and juice. We have started eating more grain, smaller portions and more veggies. I am exercising more and I personally consuming a lot more calcium rich foods. This class has helped my family very much.
836. I am buying more fruits and vegetables for snacks instead of junk foods. I have not lost any weight but can tell a difference in my energy level.
837. This was from [PN], who is 80 years old and attends my class at the [EFNEP site]. Yesterday she said to me that our discussion about body size acceptance, and taking steps to improving your health (rather than comparing to what society says is perfect) has changed her life! She said that all of her life she asked God why He made her the way that He did, and that was not "skinny as a rail" like her cousins. So now she said at 80

years old she can finally accept who she is. She said she is gonna put on some earrings and makeup and just enjoy who she is. I said “Good for you!”

838. I have stopped buying whole milk and am now drinking 2% milk. I like it just as much and I’m getting less fat in my diet.

839. I saved about \$50 this month by buying in bulk and separating it out into smaller portions.

840. Thanks to this class, I improved my cooking skills by learning and trying new recipes.

841. I am more aware of what I am buying and what I need to look for in those things, so I have had more fresh fruits and veggies and less food that was high in fats. I’ve started shopping the perimeter of the store and I find that I end up with less junk and more of what I need.

842. What I liked best about this program was that it got me to try recipes I normally wouldn’t try. The class provided me with quick, easy, healthy recipes and I learned how to incorporate more veggies in my meals.

843. While taking Cent\$ible Nutrition classes I have lost eight pounds just by cutting out a few unhealthy foods and replacing them with healthier choices. My kids are now eating healthier snacks after school and we are making an effort to increase our physical activity as a family after dinner.

844. I have saved \$50 per month on food by menu planning.

845. Because of the food safety lesson I am now washing my fruits and vegetables more thoroughly and am more aware of cross contamination.

846. I was exposed to preparing simple yet tasty meals which I never would have tried before participating in this course.

847. I have now started separating raw meat from the other foods in my shopping cart at the grocery store. I also make sure the raw meat is on the bottom shelf of the refrigerator now.

848. We have stopped buying junk food and we have found that has helped us save money on our grocery bill.

849. I learned to use other oils to cook instead of butter.

850. Student was afraid to use a knife at beginning of classes, and through the weeks became more comfortable. At exit she wrote that she had learned how to use knives appropriately.
851. I learned how to follow directions better and how to measure better.
852. I now have a meat cutting board, bread cutting board, and a vegetable cutting board.
853. I have saved approximately \$30/month by preparing more foods at home and trying less expensive foods.
854. I cook faster and more efficiently.
855. I learned how to cook beets. I'd never had them before but now I love them!
856. One of my students is a foster parent who brings her foster children with her to class. Her nine year old is very excited about attending our classes. She participated in all the activities and in the kitchen. One evening she came to one class busting with excitement because she has a family visit and in her own words "I made my mom and dad Taco Soup, and they loved it. Daddy couldn't believe I made it all by myself!" She was grinning from ear to ear.
857. One of my students came to class so excited about trying the "Create your own Stir Fry". It was her night to choose dinner and be in charge of fixing it. She was so proud of her "Stir Fry" that she took a picture of it with her cell phone to share with me.
858. I have used my cookbook so much already. My favorite is the Create-a-Casserole recipe. I also made the Chicken Enchiladas- they were delicious. They are such good recipes that our cousin brings the ingredients down for me to use so that he can have them. You are a great teacher and I really enjoyed the classes. Please pass this on to your superiors. I think they should know what an asset you are to them.
859. My husband says there are more varieties of food in our kitchen ever since I took this class. He loves it!
860. One of my students, is a diabetic and was having a hard time controlling her blood sugar. Her Dr. advised her to eat more complex carbohydrates. She didn't understand the difference. We had a lesson on fiber using the two kinds of bran. Her blood sugar has been stable for three months. She uses the cookbook food labels on the recipes in order to

track the amount of fiber and carbohydrates she is getting. She loves the cookbook and her family eats better than ever and she reports the savings just keep getting bigger.

861. A student with a family of several children reports that she has not run out of food stamps before the end of the month since she finished the classes. She likes the make up your own casserole recipe and uses it for quick meals.
862. I was discussing the next lesson with my class and said we would be learning how to get more vegetables in our diet. One student said I would have to hold a gun to her head to get her to eat vegetables. We all had a good laugh but she agreed to at least try to taste what we made. We did the roasted vegetables from the cooking for you or two cookbook. Not only did she like them, her whole family loved them. She has taught her extended family from Main to Oregon how to make them. None of her family had ever eaten vegetables. Now her husband and children regularly request them.
863. [PN] is a very knowledgeable student but her awareness of the new nutrition guidelines needed updating. At exit she had improved in all areas. She reported using the cookbook from the very start, making lots more meals at home and using less convenient foods. At the end of classes her blood pressure had gone down by 20 points from consumption of fruits and vegetables.
864. [PN] is a retired school teacher, she was curious about the Cent\$ible Nutrition Program because she has sent so many of her students to us. She stated their enthusiasm for the program, cause her interested in attending. Although she has been a homemaker for many years, her knowledge needed some new information. She used the skillet meal list as well the stir fry and casserole list. And the choices she could make. She reported saving \$45 the first month.
865. [PN] reported she knew little about cooking and was having a difficult time having enough food for the month. We looked at her usual grocery list to determine ways to cut the food bill. She learned some basic cooking skills and with the cookbook she was really enjoying cooking. Her food bill was a lot lower and she reported her family was eating well for the first time.

866. One of my clients called to ask about roasting veggies, we had it in the lesson last week. I gave her the information. She called back to tell me I had not informed them how good the house would smell while they cooked. I received this text from her. Ummmm good thing I made two trays or my hubbie wouldn't be getting any. This is from a non veggie eater.
867. [PN] came to the first two classes but in spite of getting a call each week to remind her of class she failed to come to an more classes in that series of classes. When the next series started, I called her and explained this would be another chance for her to finish and get her certificate. She was thrilled and came to all of the classes.
868. [PN] has a brain injury and is recovering. She struggles with insecurity issues and must travel with a companion. After the first lesson she felt comfortable enough to stay in class alone. She has never cooked on a stove only the microwave. She is now using her stove and is asserting herself with a very dominating companion.
869. [PN] is the mother of 6 and loves to cook her taste runs to gourmet. Lots of high fat and so on. She was delighted with the many tasty low fat recipes we were able to do in class and all the time she could save using the master mixes. She loves the cookbook.
870. One of my participants was amazed at how much money she was actually spending on food every month. She had never kept track before, but she started saving receipts and writing all food expenses down as a class activity. She found out that a majority of her spending was on all of those "side trips" to the supermarket during the week. She set a goal of cutting down on the amount of time she stops off at the store, and to continue keeping track of her food expenses.
871. A former student came up to me and was so excited to tell me something she had learned in class and applied to her situation. Her husband had changed jobs so they went without a paycheck longer than normal and had very little food in the house. She did have Master Mix and some canned goods & pasta in her cupboard. She said what they used to do was go without because the only food they normally ate was fast food and frozen dinners, but now she knows how to put a meal together with just a few ingredients. She was so proud of herself and she completely made my day by sharing her enthusiasm.

872. One student used to eat out about 80% of the time and now cooks almost all of her meals at home since taking our class. This is how she answered 2 of the questions on the graduation survey: “How much have you saved each month? “TONS! Over \$150 in savings by planning menus, cooking more at home and eating out less.!” How have you improved cooking skills? “ I started cooking (previously I was eating out every meal) and I LOVE IT!”
873. I teach a husband and wife who weren’t particularly enthusiastic when they first arrived, but by the 4th class they were talking about changes they’ve made (whole milk to 2%) and also talking about changes they plan to make. It turns out they each drink about 36-45 ounces of Dr. Pepper every day, and after we calculated numbers on the “Think Your Drink” worksheet, they were amazed at the amount of sugar they were consuming. They also figured out how much money they were spending on pop. And how much they could save if they cut out just 12 ounces per day.
874. I loved cooking from the cookbook. I am washing my cutting board more often now. We are eating more fruits and vegetables.
875. I like cooking the recipes right there in the classroom and discussing it while you are making the food.
876. I plan and so we have more healthy meals now.
877. I really improved my cooking skills by using the CNP cookbook and learning to make more things from scratch. I like cooking and trying out new foods. The CNP cookbook has been very helpful and I think about what I am serving my family more seriously.
878. I feel myself and my family more fruits and vegetables to be more healthy and to save money. I got a pedometer to see how much I walk and to maintain my weight.
879. I’m increasing my physical activity by waling more and maintain my weight. I’m eating more fruits and watching calorie intake.
880. I improved my overall health by learning of healthier ways of cooking and using healthier recipe ingredients.
881. I have started to introduce new meals, and we are drinking more water and not so much soda.

882. I have saved over \$200.00 a month by using many of the recipes out of the cookbook.
We eat less food because we are eating 3 times a day as opposed to snacking all day. We have one small snack a day.
883. I cook with less butter and oil.
884. Everyone is washing their hands before touching food.
885. I have lost weight due to the fact I'm eating less and drinking more water.
886. I have saved over \$100.00 a month by buying less soda.
887. I have been going on walks and riding my bike more.
888. My family is eating more fruits and veggies and drinking more water.
889. I understand food labels better.
890. I do not thaw meat on the counter anymore.
891. I'm preparing more fruits and veggies for my family.
892. I have changed the way I prepare foods to keep more of the vitamins in the food.
893. I have saved \$125.00 by buying things on sale and not spending so much on things we don't need.
894. I'm steaming and baking more foods instead of frying.
895. I'm working on putting things in the fridge to thaw instead of the counter.
896. I have lost about 7#.
897. I add more fruits and veggies with my meals.
898. I sanitize the counters after every meal.
899. I am more mindful of the calcium and veggies included in meals.
900. We are not eating out as much.
901. I shop smarter.
902. Because of the Keeping Food Safe lesson I have been washing my hands more often. I am more aware of keeping meat and other food separate. And I have been checking my fridge for food that is not safe.
903. I have learned how to make bread in Cent\$ible Nutrition classes. I have also been eating more vegetables.

904. I have been checking grocery ads and making a list before I go to the store. I am paying more attention to how much money I am spending on groceries”.
905. Since taking Cent\$ible Nutrition classes I have been menu planning. I have planned all meals and have saved \$50 on my weekly grocery bill.
906. Menu planning helps get my 4 year old to eat. When he chooses it he will eat it. We even had whole wheat pancakes for dinner”.
907. I have actually spent more \$ on food, but this has been a good thing because I wasn’t purchasing very many fruits or vegetables before. The Cent\$ible Nutrition program has helped me remember to eat enough food.
908. Recipes in the cookbook are easy to follow, and helped me improve my skills since I cooked from scratch more.
909. I love the cookbook! I can and do make more food from scratch, and I buy less processed food. I now make my own bread, and have saved on money.
910. We stopped eating out so much and have saved \$100. I never knew how to cook, but now I know a little bit. The Cent\$ible Nutrition Program is good!.
911. Since taking the Cent\$ible Nutrition classes I actually cook more. I have also learned to defrost food in the refrigerator.
912. I liked cooking and learning about food and different recipes.”
913. One of these participants was so dedicated to the program that she actually volunteered to help cook in each group. She told the paraprofessional that as a mother of a young child, a 7 year old and another child on the way, she was very ready for the information on health and cooking. She had saved all the lessons, did the activities and cooked many of the recipes. Her husband is a professional chef but really enjoyed and appreciated her interest in learning new recipes. She created snack boxes by helping the younger child make her own box and supervising the 7 year old as she make her selections. She feels this program has helped her realize that cooking and eating healthier is much easier than she realized.
914. [BI] I really learned a lot from you, I’m so health conscious now, my whole life has changed, the way I cook, what we eat, how to shop, and the info I got from you has been

very helpful and I use it everyday. For example, I'm buying more fruits and veggies instead of cookies & chips and the weird thing is the kids LOVE IT and always keep a bowl of fruit in the fridge all cut up (lots of grapes and cantaloupe) if they get hungry or just want a snack. I've noticed, too, that since I've begun "planning my meals" ahead of time & making out shopping lists, before I go shopping, I have a lot of extra money left over. It's great, thank you so much and I'll never forget you.

915. [BI] I have learned so much during this course. Shopping at the market (what to look for) as of price and low fat items. I bought more food this past week just by shopping smart! I, also, learned to read labels and I really see a difference in my family. What my family and I changed is no more drinking sodas-candy and too much sweets. We make time now to workout before going to bed. We, also, take walks after dinner. We all feel and look healthier. Yeah!! Thanks for changing our ways of eating. My family and I will keep shopping healthy and eating together and cooking healthy foods /meals. Thank you so much for giving and sharing great information. I feel GREAT!!"

916. Thank you for showing me how to get back to a healthy life.

917. Thanks for coming and teaching us about food.

918. It was nice to meet you and thank you for all the useful information and the thermometer (meat) will be great.

919. I've really felt that the nutrition class was very beneficial for me. I was able to learn quite a lot about food safety, quantity limits of the pyramid. My priority for my family is for healthy eating, and this class helps with making healthy choices, and effectively budgeting those choices. I have really enjoyed having [IN] as our instructor. She is very knowledgeable about our course and makes it a fun class.

920. My success story about this program, is that it made my family do more activity with each other, for example more play time with my child and my family go walking together on a daily basis. Also we started to eat healthy meal and I make sure that I have all the food groups combined. Other things is the advice and tips like I use a glass cutting board instead of a wood one that I though was better. I really liked tis program in general. Thank you.

921. Well, I have really enjoyed this class because it taught me a lot of things that I did not know. Nutrition to me is very important. How if you want to be healthy for examples before I didn't really drink milk because I didn't like it, but now I try to drink a glass every day because it helps prevent osteoporosis and it makes your bones and teeth strong. So thank you for everything me and my family will really take advantage of the information and hope to achieve a healthy lifestyle.
922. It was a very nice experience to have the chance to learn how to give my kids healthier food that also taste food! I don't have a problem with them because they eat everything, but it also gave me better options and a variety of recipes and good tips about vitamins and all of that. And also [IN] did that class so fun and entertaining it didn't even feel like we were in class! We really enjoyed having her in the center. I really liked that class and I'm looking forward to applying everything I learned at home.
923. I have had a hard time getting my 5 year old son to eat fruits for a long time. Since this class I learned to make fruit smoothies. He loves it and I make it for him almost every day. Great Program.
924. I have had the most wonderful experience attending this class. It was very informative. I have been dealing with nutrition issues and weight issues with myself all of my life. Now I have to deal with it with my daughter (3 yrs. old) and weighs 61 lbs. She is seeing a nutritionist but only once a month. With the information that I have received from this class, I feel I can do better and make better choices now. This class really blessed me. I adore the teacher [IN]. She was very caring and let us ask questions and gave us the answers to her ability. Thank you for this course and keep up the good work because I did learn a lot. Now I can deal with myself and my daughter's weight challenge.
925. Since attending the ENP classes I started an exercise program and I am starting to feel the results. I have gone from walking to "fast" walking and working in a couple of laps of running. I do feel better and have more energy. I went through a few weeks of not being able to exercise, like I had been, due to an injury. I could feel the difference. I did not have the energy I had. I will definitely continue to exercise when I graduate. I am also eating regular meals at specific times. I am not going without eating like I used to. I

have also started to read labels about cholesterol and sugars. I never cared about that before, but I do now. I also found that foods can be tasty and good without the fats and sugars I am used to. I benefited from the nutrition classes.

926. Nutrition class was very helpful to me in a number of ways. One way is that it educated me on what types of food were more fattening and more healthy. Especially because when I came into this facility my goal was to lose weight. The activity where the instructor would have us write down what we ate for breakfast lunch and dinner was also good because it made me realize and recognize whether I ate too much or too little. The class also motivated me to increase my intake of vegetables and fruits even though I am unable to cook for myself or my family at this time, I fully intend to put a healthy effort into my cooking and eating because now I know how much tablespoons, teaspoons, or even cups of salt and sugar and fat are contained in foods. The most important thing though I would say I learned is that the body only needs a certain amount of food to make it through the day. I used to have a bad habit of thinking I was always hungry but in reality it was that my eyes were bigger than my stomach. All these things I learned in nutrition class and I am very happy I learned them. Thanks to my great instructor, I now have another great asset to add to my list of education.

927. During my five week course on nutrition study, we covered a log of information on nutrition. We learned how nutrition plays a very important role in our lives. The food we eat can affect our mind and our body. The healthier we eat the better it is for our mind and our body. Also the amount of food we eat plays an important role in our lives. The food we eat can affect our mind and our body. The healthier we eat the better it is for our mind and our body. Also the amount of food we eat plays an important role as wells. Overeating can cause serious health problems later on down the course of our lives, such as high cholesterol and osteoporosis. Next we learned to make a list-when we shop and also to compare prices. This helps us to not overstock on food and helps us to budget our money wiser. Overall this class was an excellent learning experience for everyone who has had the pleasure of taking it and I learned many valuable tools necessary for healthier eating throughout my life.

928. I learned how to eat right and how to prepare healthy foods. I learned what the right proportions of foods to eat is and not to overeat because it is not healthy. I learned that meat is not only living things like cows, pigs and chickens. It is also nuts and now I am going to be able to feed myself and my kids healthy and be able to give them the right amount of food and not over feed them in one sitting. All thanks to [IN]. She taught me the right and healthy way to eat.
929. I learned many things in this class of nutrition. I learned that if I don't like milk, I can eat it with oatmeal, add milk to your coffee, and make soups such as tomato, chowders, and cream types of soups. I can add powdered milk to foods. Make instant hot cocoa with milk instead of water. I can use plain or flavored yogurt as a dressing for fruit salads. I can try key lime yogurt as a dressing over fruit lemon. I also learned that osteoporosis can be preventable by drinking milk. There are five basic food groups; they are fruits, vegetables, meat and beans, grains and milk. I got smart about salt and found out that barley was very good. In addition, I learned that soy meat could be good if you learn how to prepare it.
930. I learned how to eat healthy and how to make healthy choices. I was taught how to compare nutritional value of items and where to find them; how to get the best value for my money. I was also taught how to make some nutritious snacks for me and my mother that would be healthy. I was taught what amounts of each food item are to be eaten. I am going to put this knowledge to good use. I have already started and I have lost 12 pounds in 40 days by eating right and exercising. I will feed my son the right foods as I will do the same for myself. I am already benefiting from it. My goal is to lose a total of 20-30 pounds more. I will succeed with this knowledge of eating right that I have learned. Thank you.
931. I love this nutrition class. It is very interesting and has made me a more healthier person. I know now that what you eat helps out your body, weight and health. For example carrots helps you see better in the dark. Also I learned the food groups and how you need to eat a certain portion of each category. What you eat reflects your health.

This class would cheer me up and I now know a lot of what is good to eat and what is bad. Thank you for your teachings and your time.

932. My name is [PN]. We were taught about the importance of each food group. With the classes I have changed what I've been eating. My portions are reduced now and I have lost 9 pounds since the ENP program has been coming to our class. I learned a lot about different vitamins and also about fats and sugars. I will be continuing this new diet I am on until I reach my goal weight of 150 pounds. Right now I am at 196 pounds.

933. In October 2006 a class was started at [EFNEP site] and it concluded in the middle of November. At the onset of the class, the students decided to monitor their potential weight change as a result of having a nutrition class being offered to them. Under the supervision of the classroom teacher, a student volunteer was selected to take a pre weight measure. The total weight in for 25 students (males & females) was 4130 pounds. At the completion of the class series the total weight was recorded as 4083 pounds. What they learned was that even if they lost 1 pound or seven pounds they had been successful. Fourteen lost weight (56%), six increased weight (24%), and four had no change in weight (16%). The class shared stories each week about what was happening as they changed their eating habits, what was working for them and what was not. They spoke about how reading the Nutrition Facts food label was helpful and how portion control was a big eye opener. They spoke about how good they felt but also about how their families were also making better changes for the future.

934. Hello my name is [PN] and I was the student volunteer for the nutrition class. Everyone was happy with the class and left with a lot of knowledge about good food (choices). They all now go home and inform their families of what foods need to be eaten. We all had fun. We know our labels now! Most of us lost weight! Some gained more than 3 pounds. I think everyone should take this class. Thank you for teaching our class to be healthier. Thanks to you we can have a better life.

935. I was extremely surprised to learn the proper portion sizes were much less than what I eat normally. It's not that the nutrition was out of balance just the portion sizes. All of the recipes were extremely tasteful and I have incorporated them into my daily routine.

The presenter went above and beyond in providing these dishes for the class and giving us the recipes. The “props” gave me a better idea of how I can eat properly if I eat the right portion. The “fat weighing” example was extremely alarming and will cause me to think twice about the amount of fast food I (will) allow my kids to consume.”

936. I’m very grateful for the information you have shared with me. The very first day you visited our class I went straight home and signed onto MyPyramid.gov. I have been following the food pyramid and I have lost 5 pounds in 10 days. It may not be much but to me its “success”. I have always been overweight due to depression. I am at a point in my life where I’m actually happy on a daily basis and the information you have given me will be applied and I will become a healthier, happier, smarter person. Again, thank you for sharing your knowledge.
937. My success story begins with me always wanted to just feed my face and eat any and everything. Since beginning this nutrition class, I knew about portions but never used the tools. I have learned from the culinary field about portions and would still over eat. I have learned through this program to look at labels and become a more responsible shopper. This is one thing I never focused on. Our instructor on nutrition was very helpful; she always would enforce the portion part and that’s instilled in my head. She was very knowledgeable; without her help I would not know about daily percentages and portions. Since being here, I have started a diet; I began my weight at 315 lbs. It has been three months and I have lost 25 lbs. Through this class, I’ve cut out my bread intake and know that I have to exercise a lot and eat right. Thank you for the opportunity to learn more about nutrition. I think it is something that I will carry with me to continue my healthy lifestyle.
938. Before I took this class, my eating and shopping habits were kind of bad. I really would not pay attention to the prices, just as long as my kids liked and wanted it, it was fine with me. I’m not saying that all I do is buy my kids junk food, but I do buy them cookies, ice cream, and so forth. When the nutrition instructor came to our class I was amazed by all the information she gave us. She talked about calcium one day (powdered milk) and I had some at home and tried what she suggestion and my kids liked that milk.

I thought to myself “that class paid off”. She has taught me to get better foods for my family and for myself. Checking the prices and getting healthier foods is what I did this month and to be honest, I did save money and I felt like I’m doing something better for my kids. My kids help me with picking vegetables at the store, and at home they help by washing the fruit and vegetables at too. I want to tell you Thank you, for coming to our school and teaching us everything you did. Thanks to you and your program, I now actually look at what I feed my family and know that it’s good.

939. The nutrition class made me aware of many things I was not aware of. For instance, when I shopped I did not look at ounces or the quantity of many of the food items. Now I catch myself comparing prices even though my husband is rushing me to hurry up and pick something out. I take my time and compare the items before making my decision. I also have three children so taking this nutrition class also made me aware that eating healthy is very important. Usually, I would feed my children friend foods, candy and sodas. Now I make sure that I try to use the food pyramid. I also try to get them involved when I am cooking. They seem to enjoy it and it makes good family time. My 7 year old son can eat like if he is a grown man, but since the nutrition class I have cut his food portions in half. I also try to give snacks between meals. They will have an apple or sometimes half a peanut butter sandwich. As far as them drinking sodas, I now give them orange juice or some type of 100% fruit juice. I guess I am pretty lucky because they also drink plenty of water. Now when we go to a restaurant and the waitress asks the kids what they want to drink they order water. It makes me proud that they don’t choose a soda. I guess the main thing I learned in the nutrition class is that eating healthy pays off in the long run. I think about the future and do not want my kids suffering with my husband and me if we are sick with high blood pressure or diabetes. The thing is diabetes runs in my mom’s family. My grandmother has diabetes and high blood pressure, so I am at high risk of developing those illnesses. That is why cooking and shopping habits have drastically changed thanks to this nutrition class. In a way you could say it opened my eyes. I also try and teach my family and friends that eating healthy is good for you. I know that it is very hard because I have had to adjust my

eating habits, but I feel better about myself and who knows maybe I will even lose some weight!

940. I have attended the ENP nutrition classes that have been offered at the facility that I attend. When I began these classes I was in very bad shape and at one of the lowest points of my life weighing in at over 345 pounds. I was so tired of this lifestyle and I was ready for a change. I made a commitment to myself that I was going to do all I could to change my life. The persons that I have met have been willing to give me a hand and I want to give them all a very heartfelt thank you. I am so proud to say that today I weigh 210 lbs and have a very good outlook on my life. I have taken the recommendations of the nutrition teacher by increasing the amounts of fruits and vegetables that I eat and I also began to exercise and drink water. My initial weight goal was to reach 250 lbs., but after reaching that goal I decided to keep going and my new goal is to reach 190 lbs. At my previous weight of 345 I had been diagnosed with diabetes, but the weight loss and the exercise are now helping me keep the diabetes in check. I thank all the people who have helped me along the way. I will continue to work on myself and will share what I have learned with my children and the rest of my family.
941. Prior to taking these nutrition classes, I prided myself on being a smart shopper. I compared prices, read labels and purchased low fat products. Due to the change in eating habits I lost 70 pounds. I cooked healthy for me and my children, but what I did not know was the importance of PORTION CONTROL. I figured [that] if I ate healthy and low fat food [that] I could eat as much as I wanted. I exercised a lot but could not lose any [more] weight; I never gained any back but I wanted to lose. Well now I know the importance of portion control, so I am placing MyPyramid on my refrigerator door and using it very wisely. I plan to lose more weight by using “PORTION CONTROL”.
942. The nutrition classes that I took were very helpful to my family. Especially the serving sizes because probably I would have kept on over serving my son. Now I know the right amount he should be eating and we can live and eat healthy.
943. Things I have learned with this class of nutrition are that eating healthy does not mean we have to go without eating good tasting foods. There are also different ways of

combining foods and making them taste good, and if we eat healthy we will live longer and healthier.

944. When I arrived at [EFNEP site] I was overweight. I had problems tying my shoes, difficulty staying awake in class, difficulty walking due to swollen ankles and was embarrassed to be around people due to my weight. I knew that I was at high risk to develop health problems. By attending the nutrition classes I learned that I needed to take care of myself so that I could be around to see my children grown up. Through the classes I learned how to decrease my carbohydrate food choices select better protein foods and decrease the fat content in my foods. I have learned to stay away from all the commissary foods. I request was honored. I also began walking for one hour after breakfast and one hour after dinner. I have made a lifestyle change. The results are that I have lost 57 pounds since March 27th. I am determined to continue with my life style changes and my goal is to weigh 200 pounds. I am feeling much better. I would like to thank all who have supported me in this effort as they continue to support me to reach my goal.

945. I learned the benefits of healthy eating and how to choose what is best for my family. Now when I go shopping, I can shop smart and save money. I even have all these cool recipes that I can whip up in no time. I learned how vitamin C helps to fight off illnesses such as the common cold, and building a stronger immune system. All this information couldn't come at a better time. I need all this healthy stuff since I am breastfeeding!

946. I have learned in this class that I need to eat in appropriate portions and that reducing the saturated fat in my foods will decrease the plaque formation in arteries because there is not a way to get rid of it. I have also learned that I can feed my daughter healthier foods without her knowing it. Ways to do lower the saturated fat is by using powered milk instead of whole milk, and by draining the fat from cooked meats. Additionally, I enjoy eating fruits and vegetables and understanding how they prevent constipation, I now understand why my mother fed them to me.

947. Both of my parents were lost to diabetes and heart problems. These classes have been very educational to me and I am so thankful for the classes. It is important for people to

know what foods can do for your health. ENP has really helped so much. Thank you for your program!! (Paraphrased)

948. I have learned a lot about healthier eating and the importance of using vegetables-I love fruits and such. For a fact learned that what I eat my children eat-which is not good. I got to teach them what I have learned in this class so they can have a good health and continue eating good in the future. (Paraphrased)

949. Nutrition is the most important subject in my eyes! If I continue to follow the nutritional guidelines that I have been instructed (on) I will increase the years of my life. Our instructor has a vast knowledge of nutrition. I have attended six classes for my current job at [name omitted], but our ENP instructor has taught me new facts about nutrition.

950. In my duration in this class, we have gone over the five main food groups, grains, vegetable, fruits, milk, and meat and beans. It turns out that I am supposed to only eat two slices of bread each meal. She also explained the necessity of eating dark green and orange veggies, and lentils. I have learned that canned fruit in water is better for you than syrup. Milk plays a huge part in my everyday life. Meat and beans are by far my favorite! Bake it, broil it, or grill it are our ENP's instructor's recommendations for beef. I was glad to hear this because I love to grill rib eyes. I enjoy marinating them with Worchester sauce and Uncle Chris' Gourmet spice.

951. After graduating from this phenomenal nutrition class taught by ENP, I now eat 6 oz. of grains, 2.5 cups of veggies and 2 cups of fruit, 3 cups of milk and 5.5 oz of meat and beans every day. I feel healthier than ever. Thanks a lot for giving me a chance to take this great nutrition class.

952. [BI] I have learned how to make a food budget, plan meals and snacks for my family, make a shopping list and to review my list and budget. I have also learned to compare prices, use coupons, size of servings, and many more educational tips on nutrition. But the most exciting part of the class was the way the instructor educated me. She showed a lot of interest, motivation and effort; that meant a lot. This class has really changed my

way of thinking. From now on, I will prepare nutritious meals for my family. Thank you very much. Keep up the excellent work.

953. Since starting this program, I have cut back to one 12 oz. soda per day. I used to drink about seven per day. I am more aware of what I eat & feed my children. I have used (your) recipes at home and my children and husband enjoyed them, even those they were healthier recipes.

954. In (this nutrition class) I have learned how much a certain size of meat is. I have learned how much an oz. is and how much a serving cup is. I have (also) learned (that) peanut butter is a good source of protein (and that) ramen noodles have a lot of salt and that chicken skin should not be eaten (because) it causes arteries to close up, even if it is broiled, BBQ, boiled deep friend or however it is cooked. That means a lot to me, cause I used to eat “chicken skin” a lot, not no more!

955. The classes I went to were very helpful and interesting. I will be able to apply all I have learned with my family. Diet has a lot to do with your health, how much one eats and how often. I learned about grocery shopping and how to save money on food. The changes I will make when serving my family meals will be small portions, less red meat, more fruits and veggies. I want to keep my kids from being overweight. To eat healthy foods is a way to stay fit. I enjoyed the nutrition class offered here at [EFNEP site]. The information was easily learned and I will pass it on to my kids and use it when I go back home to keep my family more healthy.

956. The Nutrition program really was a great refreshment of how I should be eating. For example counting calories and proportioning and picking out healthy foods. I took diabetes classes when I was first diagnosed and I started eating healthier. After about a year, I strayed away from the healthier life style and I suffered with my blood sugars because of it. Now that I complete the program my wiser choices that I was taught have improved my blood sugars so much that my doctor has lowered my insulin intake by 40 units!! I really appreciated our instructor and what the program has done for me.

957. Attending classes the past six weeks has made me more aware of appropriate serving sizes that I should be eating. I realize that I am serving myself and my family larger

portions of food. I need to cut down on the amounts of food that I consume as well as the amounts of food that I serve my family. I think the most useful advice for me is that I should plan my menu for the week in an effort to help cut my food costs for the month.

958. Being involved in this nutrition program has improved my family's eating habits as well as eating behaviors. Our family checks the nutrition facts on the boxes when shopping. Before these classes started, we'd go up and down each aisle and pick up whatever we wanted. That has changed. Now we go to the store with a list. It helps us not to buy junk food that we do not need and it helps us not spend money that we could be saving. Also we live next to a park and we would not go to it. Now we go almost every other day for at least thirty minutes. So we get more exercise while having fun. We have also tried giving different kinds of fruit to (my baby) and she likes them. She eats lots of fruit and plays outside a lot which she loves. This program has influenced our family into being healthier and has improved our habits and behaviors for the better.

959. Entering this class, I learned how to budget and be conservative with money and at the same time make health choices with food. Now, I can show my kids how to make pudding and do it with them. I feel that I can use a lot of fruits to make smoothies and not have to worry about it being bad or not have to use sugar. I personally tried it myself after I got home. I made a banana, peach and orange smoother. Not only was it terrific, but it was healthy. Making a shopping list is my goal. I will also make sure that I am not hungry or tired when I making the list. While I am buying groceries, I'll make sure to buy a pack of plastic baggies so I can freeze the fruits and use them later on and just so that I don't have to be going to the store and wasting money. I feel I really benefited from this class. I enjoyed participating in the groups and the class.

960. I have a participant that is very grateful for our program, as she now understands why meal planning is important. She has also indicated that she now is able to follow information that is given to her in the lessons.

961. As of October 1, the WIC program has made changes in the area of what kind and how much each family can receive. One of the major changes is the clients will be getting money for fresh fruits and vegetables. I have had many clients voice the fact that they are

very happy with this change. They feel that fruits and vegetables are too expensive to buy so they usually do not buy them very often. Hopefully, this will make a big increase in the amounts of fruits and vegetables on our food recalls. I have been discussing how to select and care for fruits and vegetables. Many of my clients have not tried a variety of fruits and vegetables because they don't know how to select them and are afraid of buying something that is too ripe, not ripe enough, or afraid of their family not liking it. So they stay with the fruits and vegetables that they know. I have encouraged my clients to start with a fruit that they haven't tasted. I tell them specifics for that fruit. With the extra money they will get from WIC many are going to try fruits such as mangos, fresh pineapple, and different varieties of apples. I will be excited when I talk with them again to see if they tried the fruit and if they liked it.

962. [BI] The clients were very responsive to all of these activities and asked a number of questions. Many clients offered advice to the others about good practices with feeding your children and meal planning. At the conclusion of the class, the clients were excited about their cookbooks and many of them began looking through them to find recipes they were planning to make. Overall, I feel the clients learned a great deal from the teachings and activities and from each other. One client even said, "I am really going to try to cut down on drinking pop and exercising more."

963. One of my clients at WIC this month selected to learn more about the Dairy Group. When I was explaining the importance of getting three cups of milk a day or eating low calorie, low fat alternatives, her eyes kept getting wider and wider. She shared with me that she had stopped drinking milk a long time ago. She ate a little cheese but not often. She did make sure her children got the amount of milk that they needed but she had not considered the role that dairy products could make in her future years. She was amazed at what she had learned. She said she was now going to make sure she got her three cups of milk a day as well.

964. When I first taught [PN], I did not realize just how interested she was in our program. When I saw her the second time, she told me that she is now eating more fruits and vegetables. She is also exercising.

965. [PN] is a young participant that has a 3 year old boy. She said she, her husband and son are able to choose healthier foods due to the information she is receiving from our program.
966. [BI] This young man said he knew everything about nutrition and that he would sit in on the classes because he had to but wasn't interested in filling out an Adult Family Record to receive a cookbook. Participants need to participate in NEP nutrition for four to six weeks to complete their first level of compliance. As the classes progressed he decided that maybe he was interested in filling out the paper work and graduating from NEP. Some of the other participants had received the cookbook and they let him look at it and he thought maybe he would like to have it to put with his other cookbooks that he had collected during his chef classes. After he graduated, he continued to attend classes to gain more nutrition information.
967. At my WIC clinics I always ask my clients if they have any questions. This month a lady told me that she would love to get money for fruits and vegetables but she doesn't know how to select most of them. She didn't buy anything she didn't know how they tasted or how to select them. I told her that is what my class was going to be on today. I gave her the handouts on selecting fruits and vegetables. She had heard that mangos were delicious but she had never tried one because she didn't know what to look for in a good one. I told her about the nutrients, flavor, how to select, prepare and serve mangos. On her next trip to the grocery store, she was going to buy a mango. I told her there were many delicious fruit and vegetables available. She told me she was now going to try fruits and vegetables that her family has not tried before.
968. [BI] The clients could not believe their eyes. They were especially shocked by the amount of sugar in pop. Many of them commented at how they thought it was gross to be consuming so much sugar. We also discussed the effects of this if an individual drank numerous sweetened beverages throughout the day. Many of the clients indicated that they were going to cut back on drinking pop and other sweetened beverages. I was happy to see that the demonstration had a positive impact on the nutrition habits of the clients. Sometimes it takes seeing to believe!

969. One of my participants shared with me that she liked the recipes that are in our calendar. They are easy to prepare and her family liked the green bean casserole recipe that was on the calendar. She is thankful for our program.
970. My greatest success this month was with a WIC client. This client is a single mom with a four year old daughter, and will soon no longer be eligible to receive WIC benefits. When the client came to see me for nutrition education, she explained to me her concerns about her daughter gaining too much weight and trying to eat more nutritiously herself. This client and I discussed portion sizes and the recommendations from My Pyramid. We also talked some about planning meals to follow My Pyramid. She told me several times how helpful I was and communicated her interest in getting the cookbook so she would have more ideas for nutritious recipes. I told her that since she will soon be off WIC I could contact her later about mail-at-home lessons. She loved the idea! When I later contacted her, she told me about how she was already starting to make some positive nutrition changes in her home and that she was excited to learn more and receive the cookbook. I am looking forward to receiving her mail lessons back so I can see the impacts and improvements.
971. I taught the snack lesson to a participant at WIC last month. She was in a hurry to finish our class as she did not have much time. We also talked about cabbage and pineapples as they were the vegetable and fruit we featured for the month of March. She was so interested that she spent more time with me than she had planned and shared that she now understands more about how important it is to eat healthier and to teach our families to eat healthier also.
972. [BI] This month I had a Sudanese woman who could speak English, I would say very well. She was in a group of about 15 people. She was having trouble doing her Food Recall. I sat down with her to help. She told me that she had learned so much from me. Many things she had never thought of before or thought of and they're effects on her family's health. She asked me many questions and we talked for probably another 30 minutes. She then thanked me for spending the extra time with her and for teaching her many things to help her and her family.

973. I taught the snack lesson to a participant at WIC last month. She was in a hurry to finish our class as she did not have much time. We also talked about cabbage and pineapples as they were the vegetable and fruit we featured for the month of March. She was so interested that she spent more time with me than she had planned and shared that she now understands more about how important it is to eat healthier and to teach our families to eat healthier also.
974. At WIC clinic this month, I was teaching a client about food resource management. She shared that she is very excited about receiving the fruit/vegetable check to be able to buy more fruits and vegetables for her family. She has an older son that attends an elementary school which is participating in the fresh fruit and vegetable program. I am helping to provide much of the nutrition education there. She said that he has become more excited about fruits and vegetables because he is getting to try some new foods. He goes along with his mother to the grocery store and is making suggestions of different fruits and vegetables he thinks that they should try at home. Their family budgeted so they would be able to buy a pomegranate so that their whole family could try it. He also has shared the fruit/vegetable information sheets that he received every Tuesday and they have talked about the importance of washing fruits and vegetables. I encouraged her to let him pick out fruits and vegetables when he has suggestions.
975. Last week I taught a couple about Food Safety. We were discussing frozen meats and how long they should stay in the freezer. She was surprised to find out that food can stay in the freezer and still be safe. She had been throwing meat out due to the amount of time that the meat was in the freezer. They are very interested in more lessons.
976. [BI] She thanked me for giving her such useful information. She said that at the time, she thought the last thing she needed was classes on nutrition. But as she is making her way back up, she found herself thinking about and hearing my voice in her head talking about budgeting, shopping and planning, and nutritious food. She began by making a budget, looking at labels, and really starting to use the information she remembered. She has noticed she is making better choices in what she spends her money on and what she buys for her family to eat.

977. This month during a home visit with two ladies, they shared with me not only are they changing the way they cook but they have also made changes on how they do their shopping. They are now comparing prices and reading labels when shopping due to the information they have learned from our program.
978. When meeting with clients at WIC, I'm asking them if they are getting along okay with the new fruit and vegetable checks. In conjunction with talking about their fruit/vegetable check I'm showing them the slides on the NEP powerpoint that shows the examples of combinations they could buy. A client shared that she is really appreciating the fruits and vegetables she can purchase for her family. The last time that I met with her she had asked questions about eating better and physical activity. I had shared that I like to do a five- mile walk CD that is inexpensive to purchase and a great way to do physical activity. She said that she had purchased the CD and has worked her way up to be able to walk the whole five miles. By eating healthier and exercising she has lost 42 pounds and she is so excited to continue her plan. I also shared with her about the MyPyramid.gov website and showed her where she can enter what she eats and they will give her suggestions—and that she can also print her own pyramid and keep track of what she is eating. She said, "I think the MyPyramid.gov will become my new favorite website."
979. One client had been skipping breakfast because she thought it would help her lose weight and didn't understand why she wasn't losing weight. As she thought back, she realized that she was eating more at the rest of her meals. She was willing to try eating breakfast with whole grains to see if that would help her in her quest to lose weight.
980. One client always made sure her children and husband were fed but usually ran out of time to eat herself, not realizing how she was affecting her health. She didn't have time to sit down and eat. I suggested she try to drink some juice and eat some toast while she was preparing breakfast for her family. She thought that was a good idea.
981. Another client felt good about feeding her children the same sugar coated, colored cereal her kids like because the cereal company has started to add fiber to the cereals. She didn't realize that the little bit of fiber in the cereal didn't out weigh the effects of all the sugar and there were better whole grain cereals choices she could be feeding her children.

982. One client kept Pop Tarts as a grab on the go breakfast and snack, citing that they had fruit in them. She didn't realize the first ingredient was sugar and really didn't have much nutritional value. I suggested granola bars or breakfast bars that had whole grains, dried fruit and less sugar. She agreed that she would "give them a try."
983. I have had much recent success with the mail at home lessons in the past couple of months especially with my WIC clients. I had an idea not long ago to put up a sign at WIC that tells about how the clients can graduate and receive the cookbook. So far it has produced great results. Clients are asking about the cookbook and are very interested in receiving mail at home lessons to complete graduation requirements. It is a great way for them to learn more about nutrition in a shorter time period and learn new healthy recipes. The mail at home lessons help me work with more clients more often and boost my graduation numbers. I am looking forward to continued use of these and hope that my clients continue to be excited about receiving the cookbook!
984. I had a woman at one of my WIC sites this month, sit down for a lesson. I told her she looked very familiar and asked if I had taught her nutrition classes before. I had at another one of my adult sites. She graduated last year. So I began asking her questions about what she was doing now, after a year in specific areas. She said she is more conscience of what she feeds her family. She limits sweets and has cut out pop all together for all of them. She has read labels and knows which food item is the best choice for her family. Reading labels was very time consuming at first but now that she had done it for so long, it doesn't take much time any more. She plans her menus on a weekly basis. It works out better for her than 2 weeks of planning. She uses a shopping list which saves her a lot of money and makes her food shopping trips less time consuming. Food safety has become very important to her. Through the foods lessons, she found out that she was doing many things that could harm her family's health. She has firsthand experience when her husband became ill after eating out. I told her she was the ideal student and that it was my wish that all of my clients used the information I presented to them. She added nothing is as important to her as her family and if she can help keep them healthier that is her job as a wife and mother.

985. Last week at the WIC office, I was teaching some participants. After those participants, I taught a single father, who told me that he was listening as I was teaching the other participants. He shared that from our program he has learned to cook with more vegetables, less fat and salt and when buying groceries, he uses a list and eats before shopping.
986. A participant has shared with me how much our program has helped her. She told me that she is now using meal planning, making a shopping list, as well as checking to see what foods she needs when she goes shopping. She also shared that she likes the recipes that she has received from our program.
987. Last month I taught a series of classes at [EFNEP site]. This location has the use of a full kitchen and it is a wonderful opportunity to allow the clients to learn more about food preparation. I asked for a couple of volunteers and one of them was a male. He said he did not cook at home but he would help me. He cooked some garden pasta and was very leery of the three colors of the pasta and how it was going to taste. The other volunteer cut up the vegetables for the salad. When they put the pasta, vegetables and low fat dressing together they were pleasantly surprised how simple it was to make, how quickly it came together and how good it tasted. They learned how this can be made into a meal by adding chicken to the pasta or it can be served as a side dish. Everyone seemed to have enjoyed the class.
988. An EFNEP participant from the [county omitted] WIC office told me that she was thankful for the EFNEP program and the lessons she received on meal planning and shopping, because now her food stamps last her an entire month. Prior to the lesson, she did not do any meal planning and had to go to the store almost every other day. She stated that she had heard about meal planning before, but had never thought to really try it until I gave her a laminated meal planning chart to use. She also loved the beans cookbook that I sent her. She told me that she would never get the dry beans from WIC because she had always thought they were too complicated to cook and instead, she would buy beans in a can; chili beans and pork and beans. She says she is now proud of herself for cooking meals using the dry beans which everyone in her family enjoys.

989. I ran into one of my EFNEP participants at the WIC office and she told me that she had kept off the 25 pounds she lost some years ago. She had attended the nutrition and physical activity classes that we taught. She had started walking and reducing her portion sizes. She told me she always remembered the lessons we taught about balance and the importance of exercise, and because of this, she has been able to maintain a healthy weight.
990. A former EFNEP participant I taught came to the WIC office to thank me for the recommendations I gave her to get her son to start eating vegetables. She couldn't believe that after trying some of the tips I recommended that her son now even eats spinach. I had given her a recipe for spinach lasagna and told her that if she mixed the spinach and cheese together very well, her son would not even notice the lasagna had spinach in it. She also began putting vegetables in a blender prior to adding them to soup so that her son would not notice the vegetables and at the same time they thickened the soup. She was very pleased that she was able to have her family start eating vegetables.
991. An EFNEP participant told me that what she learned about meal planning has helped her a lot. She used to buy groceries every Saturday, but would always run out of food by Thursday. Now that she has started to plan her meals, she does not run out of food before she has to go grocery shopping again. The classes have really helped her because now when she goes shopping, she is able to read the labels. She is thankful that I still teach at the WIC clinic because she knows where to go when she needs advice.
992. An EFNEP participant told me that because of the classes she took from me, she now knows the importance of eating three meals per day. She knows why it is important to eat a variety of foods, especially fruits and vegetables, in order to get all the nutrients her body needs. She also has changed some of her habits and now she never leaves food out at room temperature.
993. I was scheduled to teach at [EFNEP site] this month. My class consisted of ten people, 2 men and 8 women. When their sessions were completed I went over the questions on the back sheet and one of the ladies stated that she had learned a lot of new things. One of the most important things she learned was not to thaw meat in a warm oven. She explained that when she takes meat out of the freezer she sets her oven on

warm and put the frozen meat in the warm oven to thaw all day. When she returns home she removes the meat from the oven and cooks it. She also stated that she now shops with a grocery list and is starting to read the labels on the products she selects. She hopes to improve her eating habits and those of her family.

994. This month, a WIC client (her 2nd visit) stated that she really has put a big effort into planning ahead and using our planning sheets to do so. She liked planning ahead and involving her kids. She has been able to save \$30 to \$60 per month by doing so.

995. [BI] I have been making so many positive changes in my life. In four months I'll have worked there (her place of employment) a year. Our whole family is trying to lose weight. I got a reduced rate at the "Y" and I'm going there with my friends.

996. A WIC client stated to me on her first visit that she didn't know how to cook very well, so we talked about food prep and easy recipes she could try. This month, she requested to see me again because she wanted to learn another lesson. She stated that she tried to prepare goulash and her family actually liked it. She was very excited to tell me that she's been trying more recipes.

997. I worked with a WIC participant on her cooking skills and making foods at home. She gained confidence in preparing foods each time I visited with her. At her exit interview, I was reviewing with her changes she had made and discussing how to use the cookbook. The participant said, "My daughter has gained healthy weight. She's eating fruits and vegetables. I bought lasagna for supper tonight. Next time I'll make it from scratch."

998. I will cut down on caffeine.

999. I have learned that it is possible to have healthy foods that are good for you.

1000. I learned the value of food and about portions, and eating healthier foods.

1001. Loved the breakfast smoothie. I will definitely add it to future menus!

1002. At the second visit, a participant at WIC said that she is really watching what she eats. She is cutting back on pop and drinking more water. She's cooking at home more. She wants her family to eat healthier and she is trying to lose weight.

1003. A participant said that as a result of the nutrition classes, she learned more about fat/calorie content of foods and is paying more attention to fat/calorie intake and watching more closely portion sizes.

1004. [BI] Since leaving the [EFNEP site] and living on her own, she stated that she has used many of the recipes from the NEP cookbook and liked them because they were easy to make with not a lot of ingredients.
1005. At a WIC visit, one client had gastric bypass surgery in January. She is learning how to eat healthier but was eating the same thing because she didn't have any ideas on broadening her menus. So we discussed different recipes, eating breakfast and the food preparation manual. She was so excited to learn about recipes, she wants to visit with NEP several times to learn about cooking and food prep the healthy way. Her goal is to try "master mix" and the "soup mix".
1006. [BI] I have made a lot of small changes since I took the nutrition classes. I'm cooking more and making better meals. I had Easter at my house this year. My mom brought the turkey, but I had everything else. My mom said, "Are you sure you want to do this?" I said "sure". I didn't even worry about it. That morning, I put everything together. I pulled out some carrots and made some potatoes and green beans. It's not that hard. My mom could hardly believe it! We went on to discuss that cooking isn't difficult; that you just need to do it. She feels much more confident in the kitchen. Another day she came in at the end of class. I had given the participants the Food Prep Manual. I asked if she remembered it. She said, "I used that the other day. It has a nice section in there about food substitutions. I used the one for sour milk because you don't always have it at home. It came in real handy."
1007. I have a very limited budget so I need to plan everything and be very careful with my shopping. Before I go shopping, I check the cupboards to see what I have on hand. At the store, I price check.
1008. I loved the breakfast smoothie!! Will definitely add it to my future menus.
1009. I enjoyed the information I learned about serving sizes and how to read food labels and quick, healthy food ideas.
1010. At a group meeting, a nursing mother said she wasn't eating breakfast. By the time she was ready to go in the morning, she had run out of time. The other mothers told her how important it is for her to eat breakfast, especially while she is nursing. They gave her suggestions on foods she could eat and how she could get everything accomplished in the

morning and still have time to eat. They also reminded her how important it was to drink water. My follow-ups with the mother showed that she did find ways to make breakfast a part of her regular routine!

1011. When starting home visit clients this month, 3 out of 4 clients did not eat breakfast on a regular basis. Upon graduation, all clients reported they started eating breakfast.

1012. A participant said she was drinking five 20 ounce Mountain Dew's a day. On the following Tuesday, the participant had a Mountain Dew with her. She said, "This is the 1st one I've had in 3 days! I am cutting down!"

1013. A home visit client stated to me over the phone (2 weeks after our first visit), that she didn't realize how much she was overeating and over feeding her kids with portion sizes. She said she's really working on smaller portion sizes with her and her family. All family members are obese and overweight.

1014. I am starting to read labels each time I go to the store. It really helps. I like to come and sit in on this class as I always pick up something new.

1015. [BI] First day of the class I was teaching them about MyPyramid and telling them the importance of fruits and vegetables and the importance of calcium and milk. [PN] the girl told me that her mother never gave her milk, fruits and vegetable when she was growing. So because of her some of the teeth are broken. Because she never ate fruits and vegetables so she has lot of health problems. [BI] I made some vegetarian dishes and gave her the recipes. The last day of the class she was very energetic and she said that [IN] you made a big difference in my life. I cook everyday and do the physical activity. Because of you I am becoming positive, I look good and I feel good about myself.

1016. To see the real impact, one would have to see the before and after pictures of this man and father. [PN] entered my program January 22, 2004. After being in my class for a few weeks he told me I was also teaching his daughter in the 4th grade. His daughter [name omitted] was born with Spinal Bifida as a result; was in a wheelchair and had special needs. Not only was [PN] interested in nutrition for himself, but also for his daughter. [PN] and [daughter] graduated from the EFNEP program. Later that year, the family enrolled in an after school program that began has a result of the 21st Century

Grant. There I again saw [PN], but as a total different person, he had lost 35 pounds. I asked him what have he been doing to lose so much weight. He said, "I am doing just what you taught me." With a little smile he also added, "Now all I have to do is work to cut back on my soda." He said he felt great and better than he had in a long time. I could even see his personality was happier. To add an update, as the last time I saw him he had lost 65 pounds and was feeling great. [PN] attended 4-H Junior camp with [daughter] last year 2005 and again this year. He stated that before his weight lost he would have never felt like going. [PN] is a success story in two ways. He lost weight and also had an impact on his family when it comes to nutrition.

1017. [PN] was a stay at home mom tutoring her Autistic son when I enrolled her in my class. She asked me if her son [name omitted] could be part of the class. I asked her why she decided to take the EFNEP nutrition class that was offered at the Extension office. [PN] replied, "I need to eat better and lose some weight." "My husband is diabetic and my daughter is a little overweight; I have lots of reasons to learn more about the food we eat." [PN] and her son were faithful about attending class. The two of them have been enrolled in my class for a year now. In 2006, she was weighing in at 248 and now in 2007 she weighs 151. She looks great and has a lot more energy. In a year's time her life has surely changed. She is now a working mom and just got a promotion 7 months after she was hired. Her goals for herself and her family is to now help her husband manage his diabetes better, and to help her daughter lose a little weight. I ask her what one thing she liked most about the class she said the color handouts and the beautiful colors of the foods on the PowerPoint lessons. [Son] learned about measuring and loved the hands on lessons. [PN] finished her classes and graduated in June from the EFNEP program. I would like to think I had a part in her losing weight, having the confidence to get a job and her son learning to like the kitchen.

1018. Through the Garden Program I enrolled a client for the Newsletter. His name is [PN]. He came in again this year, for the garden seed. I asked him would he do a Newsletter survey for me. He was very anxious to do so. He said as a result of receiving the Newsletter he had learned to cut back on fat and sugar. It has also helped him by planning meals and eating healthier. He has cut out his snack cakes and replaced them

with healthier snacks. He hasn't drunk any soda in nine months, walks every day, and has lost 48 pounds. He also has learned to use Splenda to replace sugar. [PN] said he likes to keep the Newsletters to refer back to them as needed.

1019. [PN] was enrolled at a satellite WIC Clinic. She had 3 children age 16, 5, and 2 years old. Her partner was 48 with blood pressure problems. [PN] herself had MS and some other health problems. She was already trying to eat a variety of fruits and vegetables and whole grains. Over all she was having some success with using the food pyramid. She communicated that she read food labels but not really in depth (basically the front). After out lessons on Best for Less and Shop for Value she was surprised at how much more information she could find out by reading the whole label; front, back, and ingredient list, to help her make better food choices for her family. I didn't realize that just because the front label said "fruit juice" it might not be 100% fruit juice. Now I read the fats, calories, salt and the ingredient list on a label to make sure I'm getting what I think I'm getting. Lots of the drinks I had been buying were nothing by pop. "I will be buying less Sunny D, Bug Juice and that kind of stuff for my kids." The nutrition lady [IN] also gave me lots of recipes. My family really liked them and they were easy to make and they didn't cost a lot of money.

1020. [PN] is a 21 year-old mother of two small children, a little girl (age2) and a little boy (age 6 months), and is separated from her husband. I enrolled her in the Family Nutrition Program (Adult EFNEP). [PN] spent most of her time watching TV with her small children, and after she enrolled in the EFNEP program, she became interested in planning healthy meals for her and her children. She also became knowledgeable about shopping for good bargains and how she can stretch her food dollars so she can feed her family healthy meals. [PN] has learned a lot about food safety since she has been in the EFNEP program. She plans to go back to school and get her GED this fall.

1021. When [PN] began the EFNEP program, she was a stay-at-home mom. Although she held a rewarding job as a stay-at-home mom, I quickly realized she had a real desire to work. Her desire and need to work would soon become even more critical during the EFNEP program after learning her husband would be laid off from work. [PN] was an instrumental client throughout the EFNEP program. She put her whole mind into the

classes taking time to learn skills she had never learned. She often stated, “I looked forward to the visit from an adult because I am with children all day.” [PN] also mentioned that “my favorite class was when we made peanut butter balls with my girls.” [BI]

1022. [PN] was a young lady who attended one my Career Services classes in July of 2009. She had two young boys. The first couple of classes I conducted, [PN] showed no interest whatsoever in the lessons I was teaching. During my third visit when I began talking about Stretching Your Food Dollars, she began to show some interest. She started asking questions and wanting to know more information. Even when the class was over, [PN] would remain so she could ask more questions. After talking to [PN], I found out that she went to the grocery store three to four times a week. Her food stamps would be gone before the month was over. I explained to [PN] the importance of planning her meals, making a grocery list, and comparing prices. After talking to [PN] more, I found out that she suffered from hypertension. I explained to [PN] why it was important for her to start reading food labels and cooking her meals. If she cooked her meals she would be able to control her sodium intake. On my next visit, we talked about Shop for value. Now I had no problem with [PN] focusing on the lesson. She was even taking notes. At the end of my last class with the group, I asked each person to share something that they had learned from my class. When I got to [PN], her list was so long. She shared that being in the class had changed her life and had made her and her boys healthier and happier. [PN] cooked more and they no longer ate out. The boys ate more healthy snacks such as fruits and vegetables and yogurt. The boys also helped with the cooking and setting the table. They are at the table as a family. Even now, [PN] will call me once a month and ask what’s new in nutrition.

1023. I taught a female client (mid 40s) with 2 kids. She was addicted to candy and had admitted she had never read a food label in her life. She actually asked me “What are people looking at when they are studying a food package?” After the lesson, Shop for Value, Check the Facts, she decided she would start reading labels, starting with the food I brought for the demonstration. At the next class, she told us how she went home and read labels on everything in her kitchen, deciding that she would never buy some of those

foods again. She has cut back on the amount of candy she eats and now reads labels on everything. She has also shared the information she learned with her kids and church group.

1024. After making a snack mix with one of my groups, one of my younger female clients decided she could do this at home. Her kids loved Chex Mix but she was worried about how much salt they were consuming. She liked the idea of controlling how much sodium her kids were eating. She went out that afternoon to buy different ingredients (cereal, pretzels, dried fruit, and nuts). When her kids came home from school, they had a blast creating 2 big Ziploc bags of their own “personal” snack mix.

1025. A young mom with two young kids though she was doing good by letting her kids drink as much juice as they wanted instead of soda. After learning about how much sugar is in juice, she wanted to know better drink options. We talked about drinking more water and cutting the juice with water. In the next class, she shared that she started drinking more water for herself and was giving the kids mainly water with a little juice. She also mentioned that she was saving money since one bottle of juice was lasting a lot longer.

1026. To Whom It May Concern: I want to use these lines to give thanks for the existence of these types of programs because it is very important to have the knowledge to balance food in a nutritious way. I learned to not mix 2 types of carbohydrates in one meal and to prepare delicious, economic and nutritious meals in very little time. It is important to highlight the patience, kindness and guidance that [IN] displayed by also teaching us how to maintain our refrigerator full, how to keep dishes and utensils clean and how meats should be thawed. She also taught us how long certain foods can be in the refrigerator and to compare and distinguish different types of food. Her tips were practical and important. Thank you to the Expanded Nutrition Program for giving me the opportunity to know the importance of balancing each meal that I prepare for my family in a nutritious manner. Even though I cooked before, it was interesting to learn new things.

1027. Instructor, It was a pleasure working with you because you are a very kind person who is very devoted to your job. I really liked your nutrition course because I learned what we should eat and how to feed my family in a healthy way using the least amount of

food. I also learned that it's better to cook at home than to spend money in restaurants to eat things like: pizzas, burritos, Chinese food, etc. I thank you for all of this and hope to take this course again

1028. We thank the program for its great teachings in the area of food nutrition. We learned about the proper cooking of vegetables, the temperature of meats, the balance of each of the food groups and the importance of eating in a healthy and nutritious way. Thank you very much for your support and your excellent knowledge.

1029. I thank you for the opportunity to take these free classes because they have helped me become more conscious on how to save money and to create a list before grocery shopping. It has also made me pay more attention to nutrition factors and to add less salt to my meals. It taught me to consume less sugar, fats and to add more vegetables to my meals. I also thought that brand name foods were better, but I discovered that the items that are not brand names contain less salt and grease. I didn't know that and it helped a lot.

1030. My name is [PN] and I am very happy to have attended these classes because it allowed me to learn many interesting things that I truly ignored, such as the proper serving sizes per person. I also learned food recipes for very tasty and nutritious meals. I especially liked the tips to save money when buying groceries. Everything was really important for us to know. I liked the instructor because she had a good strategy when teaching the class and because she was very nice and her classes were easy to understand. Thank you very much.

1031. One of the biggest successes I have had this past 2 months has been with my family. With our income being cut almost in half we have had to really cut corners. Thank Heaven we had no credit card debt. We have just normal utilities and a mortgage. But even with this, money is going to be very tight. My teaching budgeting and planning has been very helpful. We are eating more healthy and not eating out as much. I make sure we are using our leftovers and that nothing is thrown away. This has been very helpful for us to keep us to help us save money.

1032. This program has helped me personally plan healthier and better meals for my family by providing example menus and recipes. It discussed looking at nutrition labels in menu

planning to get the best nutrients with what you buy to eat for meals. Our instructor [IN] was very knowledgeable and informative. Her ideas gave interesting perspective in which I feel like I can adapt into my own life. It was nice that the program didn't cost anything as I was expecting to pay for the nutritional education.

1033. Learning to read labels was one of the most useful think I learned! My family loves a lot of the recipes for meals! It has helped my husband lose weight!

1034. I have really enjoyed the cooking class. [IN] is wonderful to work with, makes you feel comfortable. I've learned so much as far as eating healthy the benefits and great recipes low cost benefits to your family, and good healthy foods. I've learned about calorie intake and importance to your health, so many benefits. I'm so grateful it's a wonderful program.

1035. [PN] had a strong desire to eat healthy and feed her family healthy food. With a new baby she didn't have much time or energy. I think our lessons and recipes will help her. She was happy to get new recipes and receive up-to-date nutrition information.

1036. I really enjoyed this program. [IN] is very personable and informative. She really tried to make the lessons meaningful and personal to my needs. I especially like the ideas for planning meals and menus. I find that when I do this I save time and money and my meals are healthier and I'm less stressed.

1037. We have had more homemade meals that are more focused on healthy choices. I also have found it more fun to make things with lots of color. I also enjoyed the meal plan ideas – my mom even got me something to hang up that shows the meals for the week. I also helped my kids know how to help me with chores and cleaning. It was an enjoyable experience and [IN] is very easy to get along with and I enjoyed her helpfulness and how she was with me.

1038. As I graduate [PN] I am so proud of her. She has a very full plate at her home. [PN] has 2 very very active boys, she is pregnant and ready to deliver any second. Her boys are very allergic to milk. They cannot have any milk in anything. If they do it causes severe diarrhea. She goes to college (USU) and carries a pretty full load. Her husband has just been diagnosed with MS and her parents just lost their home and moved in with them. In all of this she has managed to maintain her sanity as well as keep her

appointments with me. I can't say that she has a spic and span home but she is always working at it. She has been able to shop more wisely, plan menus, and prepare more healthy food. Even through her challenges and trials. [PN] will succeed.

1039. I loved having [IN] come by. She was wonderful and patient with my children. I loved the bean and lentil recipes, it is always difficult for me to find new things to do with them. She also had some great suggestions for me to keep my family healthy. [PN] is cooking a lot more now and is able to make meals from what she has on hand.

1040. When I first started teaching [PN], she hardly cooked at all. She was living with her parents and they wanted her to do a lot of the cooking. She was busy taking care of her new baby, but she wanted to learn how to cook. [PN] cooked almost every time I went to her house. She tried some hard things and I think she really gained some confidence in the kitchen. I think when she is living on her own she will use the recipes and remember a lot of what she learned.

1041. The [name omitted] family is very much like any other family. They have a Mom, Dad and five children. This bad economy has affected them. They had a business of their own and lost it to the bad economy. The dad was able to find a temporary job at a very low pay. He gradually is working into a full time position. The pay is not great and they are barely surviving. The dad has medical insurance, but no one else in the family. It is very important that they eat well to stay well. [PN] is a pretty good cook, but her meals are pretty boring and not very well balanced. Her five children ranging in age from 18 months to 12 years of age are not picky eaters. They eat many foods that most children do not like. Even though [PN] has not been enrolled very long she has done amazing things. Her family is doing so well. They are eating better, having more fruits and vegetables. Her meals are more complete and just not canned corn and beans for vegetables. [PN] has realized the importance of some simple menu planning tips. She also is learning to shop more wisely. The family has become more involved in what they are eating and the family favorites are expanding. [PN] is also learning that she can prepare something in the morning and refrigerate it until dinner time. This works so well for those extra busy nights when 5:00 comes and you have no idea what's for dinner. She says they no longer have to have cold cereal on busy nights. The great thing about [PN] is

that she is willing to learn and to use new ideas. She is loving the simplicity of our recipes. They are foods that you most always will have the ingredients for. I am really looking forward to spending the next few months working with her.

1042. The things I really liked and learned with this class is the nutrition labels. I always look at those now before I buy any food. I learned a lot about the food groups what is in what group how much you should have and why they are important. I am trying harder now to think of meals ahead of time now. I liked how it was one on one I felt comfortable with the instructor. I will and have suggest this class to others, friends and family.

1043. I speak for the group when I say: [IN] who teaches us a course in nutrition has been instrumental in increasing our level of understanding on a huge variety of health related issues. Some of which include MyPyramid, understanding the complexities of vitamins and minerals, balanced nutrition, healthy life styles, harmfuls, such as salmonella, ecoli, the fat group, heart health, the list goes on. I could fill several pages with the knowledge that she has imparted to us on a useful and partial level information that we may never come in contact with. In closing we here at the [EFNEP site] would like to convey our utmost apparition and respect to [IN] and the course she teaches us.

1044. I [PN] am currently housed and going through Rehab at the [EFNEP site] and speaking of the house [IN] is very professional at what she does and how she goes about her nutrition class. I look forward to her class every week along with the rest of us here at [EFNEP site] it would not be the same without her or any kind of replacement. Thanks so much

1045. [IN] was very nice. I enjoyed the lessons and learning about nutrition. I knew a lot about what was taught but they were great reminders. There were things I didn't know and I learned new things. I liked getting all the recipes. It is a good program.

1046. [PN] does not speak a lot of English, but she wanted to take the lessons in English so she could practice. We were able to communicate well and she loved the recipes and the helps for feeding her children.

1047. When [PN] started taking the classes she wasn't doing much cooking. She was so happy to get some new easy recipes. She is now cooking a lot more and has a lot more confidence in the kitchen. She is also eating and feeding her family more healthy foods.

1048. By having [IN] come to my house my confidence in myself and my cooking has grown. I have learned to be more responsible with my eating habits and consider my body as a priority in my life. I have learned many quick and wonderful recipes to feed my growing family. This program has been a huge gift and a blessing to my health and the way I look at food. I have learned how to shop wisely and look at the things I am putting into my body. I have noticed difference in my husband's attitude he is so proud I can make bread and he serves happier now that he is eating healthier. I want to be a better mother and homemaker due to this program I am willing to make things from scratch and to try new recipes. I have learned so many things and the food pyramid is now on my fridge to inspire me to eat better. I wasn't sure I needed this program but not only has it helped me but I have made an amazing friend. She has inspired me and makes me want to be better. Thank you for this program. I hope it touches others as it has touched me.
1049. [PN] said how much she has changed her thought processes about eating. She is feeding her family more vegetables and loves the label reading.
1050. I have learned many things about healthier eating choices and different ways to save when grocery shopping.
1051. Having studied nutrition in high school and college, most of what I learned through this experience was review. The think I am most grateful to learn and will use throughout my life is how to make bread. This is a skill I hope to pass on to my children.
1052. My homemaker [PN] was referred by WIC to me. She took all the classes and loved all the info we talked about. [PN] was a 3rd grade teacher and was pregnant with twins living by herself. She did like to cook but didn't very often because she was by herself. I graduated her and got her graduation certificate. I tried to take it to her but she was staying with relatives after the twins were born. The day I was in [name omitted] and decided to try again to stop and see her. She was there with her new baby girls and was now teaching [name omitted] public school from home and is a 3rd grade teacher. She told me she loved the program so much she started a cooking, nutrition class, group with her 3rd graders and parents. She loves the info EFNEP had and loves nutrition. Her 3rd graders have to cook for part of their grade.

1053. I have been working with a mother and daughter who are obese and have a very difficult time making changes. I have learned from my visits that you have to be persistent with them. For example, the mother would buy 75% ground beef and cook it without draining off the fat. She said she couldn't afford the leaner types and that they didn't taste good. I kept at her about draining off the fat and informed them of all the extra calories, saturated fat, and not to mention the health risks. At future visits if she talked about a meal she had prepared with ground beef, I would say "Did you drain off the fat"? During one conversation she just came out and said "I drain off the fat now". I was really surprised. Now even better, during one of my visits we were getting ready to cook and as she was getting food out of the refrigerator I happened to see a package of ground beef with a label that said 85% lean. I was truly surprised and very glad of this little but powerful success.
1054. One client is a single dad, 24 years old, and he has a 14 month old. The dad wanted to learn to cook and improve his cooking ability and skills. I worked with him in making egg recipes, casseroles, chilis, chowders, such as corn and fish, and quesadillas. He does an excellent job and is very interested in learning more.
1055. Over the past several months I have been working with a mother and son. They are trying to eat healthy and minimize their soda consumption. At the last visit the mom was telling me that the son has now been "monitoring" what she eats and telling her where they belong or don't belong on the MyPyramid. It is always nice to see that you are making an impact on the clients that you deal with.
1056. One of my clients is a single mom of two. She planted her first garden from removing the turf to tilling and planting. She asked her dad to use a piece of his lawn, using giving him some of the produce as her bargaining chip. With hesitation her dad allowed her but didn't think she would keep it up. To her parents' surprise she produced a good amount of fresh produce and shared it with her parents. Her parents complimented her on her efforts and were very proud of her as she was proud of her accomplishment. She says next year she wants to make a bigger garden and try new vegetables.
1057. I encouraged a client who is a single father raising his three young children by himself to plant a garden. After getting help to till part of the lawn he took the seeds he received

from [State omitted] Extension and planted a large garden. He planted a variety of vegetables and the children are enjoying picking fresh peas and carrots. He's been cooking fresh vegetables for his family is very happy with the results he got. He is so impressed with his success he said he will plant again next year, only bigger.

Appendix A-2

Themes and Supporting Codes

Themes	Supporting Codes
Increased Knowledge	Food Resource Management
	- Budget Management
	- Planning Meals
	- Use Food on Hand
	- Make a List
	- Stick to a List
	- Smart Shopping
	- Compare Prices
	- Coupons/Sale Ads
	- Buy Store Brands
	- Not Shopping when Hungry
	- Nutrition Fact Label Awareness
	- Eat out Less
	- Waste Less Food
	- Utilize Community Resources
	- Extend Financial Resources
	- Save Money
	Importance of Healthy Eating
	- Food Groups & Nutrient Needs
	- Understanding and Tracking Calories
	- Benefits of Fruits and Vegetables
	- Benefits of Dairy
	- Variety
	- Correct Portions Sizes
	- Moderation
	- General Nutrition Information
	Cooking
	- Learned how to Cook
	- Improved Cooking Skills
	- Learned and Tried New Recipes
	- Cooking More
	- Cooking Healthier
	Food Safety
	- Sanitation
	- Cross Contamination
	- Proper Thawing Techniques
	Importance of Exercise
Improved Overall Health	Increased Knowledge Codes
	Healthier Eating Habits
	- Balanced Meals
	- Breakfast Daily

	- Reduced Portion Sizes
	- Monitoring Intake
	- Eating More of Certain Foods
	- Drinking More Milk and Water
	- Eating More Fruits and Vegetables
	- More Whole Grains
	- More Beans
	- More Fish
	- Eating Less of Certain Foods
	- Less Junk Food
	- Less Fast Food
	- Less Processed Foods
	- Less Soda and Caffeinated Beverages
	- Less Fat
	- Less Sodium
	- Less Sugar
	Increased Physical Activity
	Weight Management
	Managing Disease States
	More Energy
Enjoyment & Desire to Learn	Increased Knowledge Codes
	Improved Overall Health Codes
	Enjoy Classes
	Excitement
	Helpful
	Look Forward to the Next Class
	Request Continuation of Classes
	Appreciation
	Eager to Learn
Support & Confidence	Increased Knowledge Codes
	Improved Overall Health Codes
	Enjoyment & Desire to Learn Codes
	Formed Relationships
	- Seeking Help
	- Credible Information Source
	Increased Confidence
	- Creativity
	- Attainable
	- Pride
	- Role Model
	- Determination and Enthusiasm
	- Share Information with Others
Impact on Family	Increased Knowledge Codes
	Improved Overall Health Codes

	Enjoyment & Desire to Learn Codes
	Support & Confidence Codes
	Family
	Family Happy with Changes
New Perspective on Health	Increased Knowledge Codes
	Improved Overall Health Codes
	Enjoyment & Desire to Learn Codes
	Support & Confidence Codes
	Impact on Family Codes
	Increased Awareness
	Realized Need for Change
	Changed way of Thinking
	More Open to New Things
	Take Control
Positive Change	Increased Knowledge Codes
	Improved Overall Health Codes
	Enjoyment & Desire to Learn Codes
	Support & Confidence Codes
	Impact on Family Codes
	New Perspective on Health Codes
	Made an Impact
	Changed Lives