



EFNEP Helps Families Live a Healthier Life



The Issue

Before joining the Expanded Food and Nutrition Education Program (EFNEP), Sabina Fuentes searched for nutrition education courses that were free in her community because she is currently a recovering brain hemorrhage patient. Her search for free nutrition programs in her community was not successful, until a teacher at her daughter's preschool handed her literature on EFNEP. After reading through EFNEP flyers, Sabina decided that the program, as well as class times, was convenient for her. EFNEP allows Sabina and her family to enjoy benefits of healthy eating and physical fitness. Sabina now has a thriving chance to recover from her brain hemorrhage.

What EFNEP Has Done

Hilda Perez's personality, an Orange County EFNEP educator, encourages engagement in her classes. Initially, Sabina was shy in class, but gradually came out of her shell and was involved in all class physical activities as well as class discussions. When Sabina was asked to comment about the class environment, she said it was extremely comfortable, which allowed her to feel confident when performing physical activities. This has made her aware of the impact good nutrition and physical exercise has on the human body.

The Pay Off

Being a member of the EFNEP family, Sabina learned to relay healthy eating messages to her family. She learned how to read nutrition labels, be physically active, and incorporate what she learned in games with her 2-year old and 5-year old daughters. Sabina now cooks with less salt and encourages her family to drink more water by eliminating soda consumption in her household. Additionally, Sabina's knowledge has allowed her to change her husband's unhealthy eating habits. Sabina is not only a role model for her daughters, but also her husband.

