Single Father Learns Life-Skills through EFNEP

The Situation
The Expanded Food and Nutrition Education Program (EFNEP) teaches limited income families nutrition facts, food safety, resource management and food buying lessons to limited income families in our community. When EFNEP recruits families to take the classes, we often meet single fathers who would like any information they can get to help them raise the children in which they have custody.

Our Response
Lee was recruited through a previous client and friend of Maxine Gonzales. Maxine is a nutrition assistant with EFNEP. The friend told Lee, “you should meet this lady that teaches you lessons on cooking on a low cost budget, and it won’t cost you a penny for the classes.” Lee called Maxine and asked if what he had heard was really true. Maxine went over to his apartment and met him and his little three-year-old daughter. He had joint custody of his daughter and really wanted to provide a good home with nutritious meals for her. He signed up for the EFNEP lessons. Every week Lee and Maxine worked on his menu planning. He would decide a weeks worth of dinner menus that were nutritious and that he and his daughter would enjoy eating. When they had the Pyramid Lesson, Lee learned about the serving sizes he and his daughter needed from each of the food groups. They spent time at each lesson going through his kitchen cabinets and uncluttered the mess and rotated the cans, and soon all the cabinets were organized. Lee was cooking recipes that he had learned how to make in his EFNEP lessons. He really enjoyed the crock-pot recipes because he could put something on in the morning and have dinner ready when he got home from work in the afternoon.

Program Outcomes
Lee had learned a lot by the time he was ready to graduate from EFNEP. Along with learning some simple stress free recipes he could make for himself and his daughter, he learned how to un-clutter the mess and handle the space in his kitchen better. Being well organized really has helped this single father have a better life. Maxine will visit with Lee in a few months to reinforce the things he has learned while taking EFNEP classes.

The Future: EFNEP will continue to reach limited income families with special needs. Recruiting at food banks and through friends and previous clients we will reach the families that can benefit most from our educational programs.

For More Information
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