Making Quiche by Making Do

The Situation
The Expanded Food and Nutrition Education Program (EFNEP) assists low-income families to acquire the knowledge, skills, attitudes and changed behavior necessary for nutritionally sound diets. EFNEP works one-on-one with clients whenever possible. This helps them develop the skills they need to provide diets with variety, balance, and moderation to their families.

Our Response
Melanie had been a very reliable EFNEP client for several months. She was extremely interested in the information and remembered much of it as the lessons progressed. Around the holidays, the subject of pie crust came up. She and her EFNEP Assistant were looking over recipes they could try as a hands-on cooking experience. She loved quiche and mentioned she had never even attempted to make pie crust before. She would like to give it a try at the next meeting.

The EFNEP Assistant said this event was the most interesting hour of her life. For years she had made pie crust with a pastry blender and a rolling pin. Melanie had neither of these tools. They improvised, as the Assistant had been taught in basic EFNEP training to do. They used a butter knife and forks instead of the pastry blender and a tall glass to replace the rolling pin. The pie crust that emerged from their effort was the most tender and flaky the Assistant had ever seen. Melanie put the quiche filling together and popped it in her oven. She was very pleased with herself and the quiche was excellent.

Achievements
Perhaps the success with Melanie may seem like a small thing, but it was a huge success for her self-esteem at being able to cook a healthful and delicious meal for her family. It also was a success for the EFNEP Assistant who had never made a pie crust without basic tools before.

The Future
EFNEP will continue to provide as much one-to-one teaching as funds permit, so clients can have these types of successes.

For More Information:
Audrey Liddil
State EFNEP Coordinator
University of Idaho
Bannock County Cooperative Extension
130 N. 6th Avenue
Pocatello, ID 83205-4228
Phone: 208-236-7318
Fax: 208-236-7316
Email: efnepiv@uidaho.edu

The University of Idaho is an equal opportunity/affirmative action employer and educational institution. University of Idaho, U.S. Department of Agriculture, and Idaho counties cooperating.