

EFNEP Helps Welfare Recipients Move Toward Self Sufficiency

Situation

The new Welfare Reform Act has many welfare recipients scared and confused about how they are going to manage without welfare payments for themselves and their families. Amy is one of those people. She is just 21 with two children to support. She was lucky to find a job, but it was at a convenience store and she worked all the late night shifts that no one else wanted. The pay was minimum wage. Babysitters were hard to find for the late night shifts and Amy was having a hard time balancing work with the needs of her young family. It seemed the only quality sleep she got was when her children took a nap in the afternoon. Needless to say Amy was exhausted and needed to learn how to make some quick and easy healthy meals for her young family.

Our Response

An Expanded Food and Nutrition Education Program assistant met Amy while she was recruiting at Women's Infants and Children program for EFNEP. Amy told her how scared she was and how little time and energy she had to fix healthy meals and snacks for her children. The program assistant signed Amy on with the Expanded Food and Nutrition Education Program. She then learned during her lessons about menu planning and grocery shopping. She also learned how to manage her time and money by checking her calendar each month so she could plan ahead for special occasions. She had

some hands-on experiences to learn how to make quick and easy recipes. Her program assistant helped her plan all of her expenses during the two lessons that she taught her on resource management.

Achievements

Amy feels more in control of her life because she knows when she is going to shop and what she is going to shop for because she has it on her lists. She knows that she can stay within the budget she has set for herself and still feed her family the healthy foods that they need, and to provide for other essential family needs. Amy has been able to stick with her job to get a couple of raises and to have enough seniority she doesn't have to work all the night shifts. Amy is not as afraid now of how her life will be without welfare. She feels she has much more control of her life since she took the EFNEP lessons.

For More Information

Audrey Liddil
State EFNEP Coordinator
University of Idaho
District IV EFNEP, Cooperative Extension System
130 N. 6th
Pocatello, ID 83201-4228
Phone: 208-236-7318
Fax: 208-236-7316
E-mail: aliddil@uidaho.edu