

EFNEP SUCCESS STORY

A NEW START

Adapting to a Healthier Lifestyle

By Anna Wolff , EFNEP Nutrition Assistant

In America, manufacturers continue to over produce more and more convenience foods as time progresses, this makes it even more convenient for Americans to over consume these foods; the result is nearly two-thirds of Americans are overweight or obese. What is meant by “convenience foods”? Anything from snack cakes or cookies purchased at gas stations, to almost anything purchased through a drive thru. Americans are constantly on the run, which leaves room for making unhealthy food choices. Not only does consuming more of these foods put Americans at risk for obesity, there is also the risk for type 2 diabetes. K-State Research and Extension of Sedgwick County provides Nutrition information, to those interested, through a series of interactive, researched-based classes taught by experienced Nutrition Educators of the Expanded Food and Nutrition Education Program (EFNEP). Some of the participants that Sedgwick County reaches are court appointed. Although, these classes are a part of a requirement to obtain for these individuals, they are just

as willing to partake in the activities, as well as setting goals and reaching those goals. One site that EFNEP partners with is the Chrysalis Center, near downtown Wichita, Ks. At the Chrysalis Center, there are many classes held to provide life skills to improve morale of the city.

Two participants attended Nutrition classes at the Chrysalis Center and they both had an amazing success from putting some of the skills they learned from class into practice. Some significant changes were made in their daily routines for them both to lose a total of ten pounds each! They did so by starting small; they substituted sugary soft drinks for carbonated flavored water. Next they began meal planning and making more meals at home, as opposed to buying processed, pre-made foods. They also substituted more fruits and vegetables in place of convenience foods. Their next goal is to continue to eat healthier, and also begin to add more physical activity into their daily routines.