



Adelanto Elementary School District: Theodore Vick Elementary



The Issue:

On the first day, parents at Theodore Vick Elementary School, in Adelanto, came to EFNEP nutrition class seeking help. They were in need of great ideas and tips on how to inspire their kids to start eating more fruits and vegetables. More than half of the parents, in this particular group, shared their personal struggle with the children's lack of interest in vegetables. One parent stated, "My child gags every time he sees a green vegetable on his dinner plate." Desperate to find solutions, the parents were committed to learning and came to all of the 8-weeks of the Eating Smart-Being Active program.

What EFNEP Has Done:

EFNEP Educator Marilyn Ljungberg said "I wasn't sure why the parents of this school shared this issue in common. Or maybe, many parents currently share this problem and it just so happened that this group was more open to talking about it than others". Regardless of the reason, Marilyn knew she had to focus specifically on the importance of fruits and vegetables and the appropriate servings per day. She included easy and delicious fruit and vegetable recipes in her food demonstrations. EFNEP provided parents with the tips and tricks to get children to eat vegetables. By the third class, the parents were commenting on how much their children had enjoyed the apple salad, which was the feature recipe in the previous food demonstration. "I was very happy to hear they had recreated the recipe at home", said Marilyn. One parent shared with her, "Kevin, hates celery. I mean, Kevin use to hate celery. Ever since I made him the apple salad with the celery in it, he has been more open to trying celery in other ways. For example, this morning he asked for celery and peanut butter."



The Pay Off:

Before EFNEP, parents were told they needed to incorporate more fruits and vegetables into their diets but they didn't know the reasons why. EFNEP provided the participants with the facts on fruits and vegetables. Parents were taught about the fiber, minerals, and vitamins in vegetables. EFNEP has inspired parents to entice their children, by trying new recipes that contain a variety of vegetables. The parents of Theodore Vick Elementary had favorite recipes that were introduced in EFNEP classes. Their favorites are the apple salad, fruit smoothie, breakfast parfait, and the macaroni and cheese with extra broccoli. These recipes have allowed participants to get more creative with the fruits and vegetables they prepare for their families.



**For more information about
San Bernardino County's
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