

## **INEP Staff Success Stories: We have So Much to Celebrate!**



*A woman told me after attending the “Plan, Shop and Save” lesson she went to the store and saved \$47.15 on items that she normally buys. She said after seeing the result she plans to continue shopping smart.*

*One parent reported that she and her family had never prepared fish at home. After attending classes, she told Martina that she knows had learned to cook healthier food and that she was now making fish including the salmon recipe they had tried in class. They cooked it and served it with lettuce and tomato and the whole family enjoyed it.*

*One mom never used to drink water before she came to class. She drank pop all the time and this landed her in the hospital due to lack of drinking water. Since coming to class, she has begun to drink low calorie flavored water instead.*

*Howard Area Community Center parent told us that she is now checking for salt and sodium on all her packages and also showing her children the sodium/salt on the packages of their snacks.*

*One of the children shared how he and his family have been eating healthier meals because of the fresh vegetables they have been getting from the CSA baskets. He said “Mommy made a stir fry and it was really good too. I didn’t know I liked vegetables that much!”*

*A mom told me that her daughter would fuss when she asked her to help wash dishes after a meal. Last night the daughter got up and started helping without being asked and when the mom thanked her for help the daughter replied was it just something you got to do if you want to cooked has been watching her serving sizes. She said she feel more energy and feels better about herself.*

*One of the 3<sup>rd</sup> grade boys in my CATCH class shared with me that he usually likes to snack on chips or candy when he gets home but that lately he has been trying to snack on whatever fruit is in the house instead. He told me this a week after our lesson that discussed sugar and natural versus unnatural sugar.*

*In the last 6 month's I have had an older man and his adult son in my ESBA classes and now my plate for my family at Henry co. Housing in Kewanee. The son had found out he had some medical issues and had to go back to doctor for blood work! We had done the reading the label class and they put that to good use! The son and his father started doing this at the store. Well he told me this last week he had been back to the doctor and his blood work was a lot better than it had been! He said he still has a long way to go to get where he wants to be but he will continue to work on eating healthy!*

*I was at Good Samaritan in Richland County, doing an Activity Station on physical activity. A woman came to my table asking me ways to help her 13-year-old son be more active. I gave her a few ideas for her son (riding bikes, going for a walk, find a sport he likes, etc.). A week or two later I saw the same woman at The Masters Hand in Richland County. I asked her how her son was? She told me that her and her son have been getting more exercise, they walk to the park together and play basketball. They each have lost 10 pounds with small adjustments to their habits.*

*During the last class of our Illinois Jr. Chef program, the teacher of the class we had been working with informed me that she was seeing a change in the foods that the students were eating during lunch. The students were at a program that served lunches through the Food Bank. The teacher said that she noticed less fruits and vegetables discarded or placed on the sharing table. We talked about this during the class for a few minutes, and the students said they are all trying to eat healthier since being in the program.*

*At Rochelle Child Care Center, we had been talking about GO drinks and our lesson was highlighting the importance of water. I had the kids work together as a class coming up with different ideas that would help them drink more water and they wrote these ideas on their worksheets. The next lesson, a 2<sup>nd</sup> grade girl in my class told me that she started bringing a bottle of water to school with her (one of the ideas they had come up with as a class). She showed me the water bottle and told me she usually drinks two of them while she is at school. A few other kids also showed me their water bottles they had started bringing to school with them. I felt the group activity and having them come up with their own ideas helped them to actually follow through and make a change.*