OSU
OKLAHOMA COOPERATIVE EXTENSION SERVICE
COMANCHE COUNTY

Community Food & Nutrition

FAX

**OKLAHOMA COOPERATIVE EXTENSION SERVICE**
**Division of Agricultural Sciences and Natural Resources • Oklahoma State University**
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**DATE:** 11/07/ 2002

**# OF PAGES (INC. COVER):** 8 **FAX #:** 816/252/5575

**FROM:**

*Carolynn Brown-Ukpaka,* RD/LD CBU
ED.D, CFCS, CNS
*Area Coordinator*
*Comanche Unit*

**TO:** CSREES Listening Session

**MESSAGE:** Please find enclosed copies of letters of support from participants who have completed the Community Nutrition Education Program provided by the EFNEP provided by the EFNEP Program in Oklahoma. These letters were voluntarily provided by former participants. Therefore, they are being Sent in their original form. No attempt has been made to alter, or correct them.

OSU, USDA AND COUNTY COMMISSIONERS COOPERATING
*"Oklahoma Cooperative Extension Service offers its' programs to all eligible persons regardless of race, color, gender, national origin, religion, age or disabilities and is an Equal Opportunity Employer."*

VEA: Rebecca Woorey

# My Success Story

I Diana Harper have learned many many things on nutrition education. I learned that food safety is not only important to me but also my children, and Church members. Healthy eating benefits me in many ways.

I leaned how to shop carefully in seeing that my family did not get sick.

I learned how salt doesn't have to be in my food all the time, and how dehydrated apples made a great snack for me.

I learned how to read labels and be more alert as to what is in my food. And how the food guide pyramid is important to a healthy diet.

Diana Harper
3-14-02

To whom it may concern, 11/05/02

Mrs. Bennke is my nutrition teacher. I have learned alot more from taking the class. I learned to shop for groceries better and found easier and faster ways to cook quick meals that are nutrional to our bodies. I learned to read the lables on boxes & canned goods. The class also helped me with which goods had iron in them and also helped me to eat right while I was pregnant. :-

Thank you
Angela Lindsay :)

Bernice Melvin

8 JUL 2002

6-18-02

Success Story

Buys low fat cookies. Likes cheese. Drinks water all the time. Peels the fat off the chicken and baked the chicken. Eats wheat bread. Trims the fat off perk cheps and don't fry pork cheps. Eats baked pot and mashed pot. Eats a lot of rice. Eat an orange about once a day and a apple. Peaches I eat them. Runs water over frozen meat to thaw out. Buys beneless Chicken breast filets. Started using a grocery list when shopping.

Kate Porter 6-18-02

To whom it may concern, 20 June 2002

I, Janis Wermy, have been on the program with nutritionist Bernice Melvin. While on the program I have learned how to look at the labels of food to determine how much fat grams, sugars etc. Also, to buy the right kinds of food for my family. I have also learned more about recipes. She has showed me how to cook faster and easier for my family that is always on the go.

Bernice has been a great person and has a wonderful personality. She is also fun to be around. Bernice offered her assistance in such a way to be very patient person and is very important person to keep on board. The food pyramid program is such an excellent program for families such as mine.

I continue to cook and look for more ideas on how to improve my families diet. We are healthier now and look forward for more in future programs like Bernice's. I have a nine-year-old daughter and a twelve-year-old son that requires a lot of shopping for my picky eaters. I thank you again Mrs. Melvin for your program and what it has done for people such as me.

Sincerely,
Janis Wermy

Janis Wermy

Dear Mrs. Melvin, June 20, 200

I have learned how to cook macron & cheese with winnies.

Ramin Noodels with bacon bits.

Boited Egges & toast.

Cakes.....

The most favorite things I Liked.

Before I was very picky eater now I love my veggies & meat.

My mother shops with me so I could learn line her how to cook healthier.

I am so grateful for coming to our home. We will miss you But I know your still in our prayers.

Thank you for your time

Sincerely

Tara Wermy

RECEIVED
-5 FEB 2002

02-01-02

Since my enrollment on Oct. 12, 2001 my life has taken a turn for the best. Martique Kiven showed me & taught me about managing my finance through grocery shopping and necessities. This enables me to save and move into my own place. It also enables me to bring my children up in a safe and healthy environment. I appreciate the help and guidence this program has provided for me & my family.

Sincerely

Tracha Braswell

Ms Martique Kiven
NEA

NEA: Rebecca Wookey

5-22-02

I have learned to put meat in the refrigerator to thaw the day before I need it, instead of leaving it that day.
I also look at labels a lot more than I used to and I use a lot of different seasonings instead of salt. I appreciate Rebecca's help.

Thank you

Mary Calhoun

February 12, 2002

To Whom It May Concern:

The purpose for this letter is tolet you know that I enjoyed the food program. I found the flip charts to be an effective tool in visual learning. The handouts were informative, interesting, and easy to comprehend. My favorite one was on food storage on products like eggs, mayonnaise, etc.

What I learned was a variety of things that has helped me change my eating habits. A few examples are to not drink a 44 oz. Pepsi every day. It not only gets costly, but it adds on a lot of extra calories. I also learned how to read and determine if foods are healthy according to the labels.

The recipes that I received were not only good, but inexpensive to make. My families favorite was the Mexican Casserole.

Again, Thank YOu for allowing Elizabeth Smith to come to my house. She is a friendly and caring person.

Sincerely,

Jennifer L. Kellogg

JK/es