



## Meeting Participant's Scheduling Needs

### The Issue:

Avalon Elementary School is one of twenty schools in the Val Verde Unified School District. The city of Perris is very diverse with a great number of new industry and economic development bringing workers and their families to the area. Avalon Elementary School opened its doors in 2005 and serves over 750 students grades K through 5th. School data shows a decreased in academic achievements in students and lack of parents involving and participation in school activities. Nutrition educator, Myriam Acevedo, partnered with the school's ELAC to deliver EFNEP classes to the parents of Avalon Elementary. ELAC President Elizabeth Rodriguez and Lupe Garcia, both former EFNEP participants and now devoted EFNEP collaborators, organized and facilitated classes for the parents of Avalon Elementary during their monthly ELAC meeting. In the desire to serve working parents, once monthly early morning classes were scheduled that would allow them to participate in the nutrition classes.

### What EFNEP Has Done:

Myriam introduced this audience to "Eating Smart Being Active," an 8-lesson nutrition education series that gives participants the opportunity to engage and interact as they learn. Myriam led skill-building activities to help participants learn how to choose nutritious foods, prepare low-cost meals, and stretch their food dollars. The classes emphasized staying physically active and the use of easy to make nutritious recipes provided in the curriculum. Myriam maintained participation by regularly contacting participants and keeping them interested and motivated in the classes. Initially some participants were unsure about being able to complete the series of classes, but with the collaboration of the ELAC president and Myriam's encouragement and constant reminders 7 of 9 participants completed the series of 8 lessons. She also encouraged participants to be confident and to make smart choices about their health and nutrition, even when time and responsibilities seem to be overwhelming. By the end of the series, participants enjoyed their time together learning and sharing. Some participants expressed the desire to stay physical active, to continue learning about nutritious meals and to participate in school activities.

Myriam was informed by the ELAC president that since the end of the nutrition classes the parents have participated in more school events and organized food related activities for teachers and students using some of the recipes learned in the classes.

### The Pay Off:

EFNEP graduated 7 of 9 participants at Avalon Elementary. The evaluation forms reflect that 83% of participants showed improvement in two or more food resource management practices, 70% improved food safety practices and 70% of the graduates improved desirable nutrition practices. The experience proved to be so positive for the school they scheduled a new class series for the following school year on the last day of EFNEP classes at the school.



For more information about Riverside County's  
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