



Rancho Cucamonga Head Start is Making Healthy Changes

The Issue:

There is not much space at Rancho Cucamonga Head Start, but the parents at this site are very determined to participate in EFNEP. “It was a beautiful diverse group consisting of Caucasian, Filipino, and Spanish participants, and they were so enthusiastic about wanting to make a change in their eating habits”, Dorayda Ibarra, EFNEP Educator, said proudly of her participants. These Head Start moms found a way to prove that “No matter under what circumstances they can learn!”



What EFNEP Has Done:

To solve the problem of not having a classroom for the nutrition classes, they made accommodations under the shade of this lovely tree and still managed to meet every week for 8 weeks. Running electricity from one of the rooms to the outside table made it possible to cook the succulent EFNEP Fried Rice recipe and many more that participants enjoyed. Dorayda admitted that she enjoyed teaching outdoors as well: “It was a big pleasure for me to work and deliver nutrition information to these enthusiastic and interested ladies”.

The Pay Off:

The whole group graduated from EFNEP’s Eating Smart - Being Active nutrition program.” One participant shared this at the end of the series:

“I am eating more whole grains cereals, drinking more water. I changed to brown rice, now I eat small portions of meats and a variety of vegetables. I cook my own hamburgers instead of buying processed foods!!”

~ Nida L.



For more information about
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EFNEP Program:

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