

Client learns to practice better nutrition and money management

Success Stories

Purdue Extension – Grant County

“Purdue Extension is the best-kept secret in the county.”

We hope not! Success stories are designed to give you, the reader, a “quick read” about a program that has shown some success lately.

We will be adding success stories periodically so that you can keep up with what we’re doing.

If you have questions about Purdue Extension programs, please contact us at:

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Purdue Extension

Knowledge to Go

Grant County

I met my client at a food pantry while he was trying to find healthy foods. After telling him about what the Family Nutrition Program offered, he signed up for the nutrition program and the money management program. I worked with him for about two months in his home.

The client had poor health conditions. He had suffered two heart attacks in the past ten years. He had been trying to eat healthier, but needed knowledge beyond labels of foods saying they had been approved by the American Heart Association. He thanked me graciously every time I came over, telling me how much this program has helped him to eat better, and keep track of his money.

He told me what he learned from the program:

- He now reads whole nutrition labels, not just looking at fat and sodium.
- He was eating only once a day – dinner, and in very large proportions.
- He changed his eating habits to include eating a little something in the morning, and spreading out eating throughout the day.
- He also quit smoking cigarettes while I was working with him!

He graduated from both the nutrition and money management programs. He encouraged his daughter to sign up for the program, and says he will recommend the program to others.

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