



Helping North Carolina Youth Eat Smart and Move More: 2006 Program Successes for Chowan County

Results of the 799 youth participating in EFNEP:

- 100%** now eat a variety of foods.
- 100%** increased their ability to select low-cost, nutritious foods.
- 100%** improved practices in food preparation and safety.
- 93%** increased their knowledge of the essentials of human nutrition.

4-H EFNEP Success

Youth need to acquire the knowledge and skills necessary for nutritionally sound diets that contribute to their personal development. 4-H EFNEP Program Assistants use age appropriate curriculum that focuses on MyPyramid to teach basic nutrition concepts. 799 youth age 5-19 participated in 4-H EFNEP classes. 34 different groups were taught basic information using the Professor Popcorn curriculum. 52 meetings were held with 44 hours of direct contact with youth. The types of groups enrolled included both school enrichment and school-age care. 24 volunteers were recruited and trained providing 307 hours of volunteer time at a value of \$5,538.28.

