



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

### 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 focusing on MyPyramid to teach basic nutrition concepts. Seven youth age 5-19 participated in the 4-H EFNEP classes. The group was taught basic information using the Professor Popcorn curriculum. Five meetings were held with 6 hours of direct contact with youth. The entire group is enrolled in on-going 4-H activities. Six volunteers were recruited and trained providing 33 hours of volunteer time at a value of \$ 595.32.

