



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

Results of the **566** youth participating in EFNEP:

- 31%** improved practices in food preparation and safety.
- 27%** increased their knowledge of the essentials of human nutrition.
- 26%** now eat a variety of foods.
- 25%** increased their ability to select low-cost, nutritious foods.

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 Expanded Food and Nutrition Education (4-H EFNEP) Program Assistants use age appropriate curriculum that focuses on the MyPyramid to teach basic nutrition concepts. 566 youth age 5-19 participated in the 4-H EFNEP programming. 30 different groups were taught basic information using the Professor Popcorn curriculum. 216 meetings were held 222 hours of direct youth contact. Groups from both school enrichment and school-age care were enrolled in the program. 286 youth are enrolled in on-going county 4-H activities. 45 volunteers were recruited and trained providing 820 hours of volunteer time at a value of \$14,792.80.





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