



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

Results of the **273** youth participating in EFNEP:

- 27%** increased their knowledge of the essentials of human nutrition.
- 23%** now eat a variety of foods.
- 21%** increased their ability to select low-cost, nutritious foods.
- 19%** improved practices in food preparation and safety.

4-H EFNEP Success

Youth need to acquire the knowledge and skills 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. 273 youth age 5-19 participated in the 4-H EFNEP classes. 15 different groups were taught basic information using the Professor Popcorn curriculum. 45 meetings were held with 49 hours of direct contact with youth. 15 school-age care groups were worked with. 17 youth are enrolled in on-going county 4-H activities. 16 volunteers were recruited and trained providing 95 hours of volunteer time at a value of \$ 1,713.80.

