



Helping North Carolina Youth Eat Smart and Move More: 2007 Program Successes for Cabarrus County

Results of the 944 youth participating in EFNEP:

- 76%** of 215 youth now eat a variety of foods.
- 72%** of 215 youth increased their knowledge of the essentials of human nutrition.
- 64%** of 215 youth increased their ability to select low-cost, nutritious foods.
- 64%** of 215 youth improved practices in food preparation and safety.

4-H EFNEP Success

During the winter months, colds are very common and spread easily among children. The proper way to wash hands was taught to an after-school group of children. After washing their hands, the children were given the challenge to teach someone at home the proper way to wash hands. As a result of being taught hand washing, some staff members at the school noticed several children singing the ABC song while washing their hands. With the understanding and practice of proper hand washing, the spread of colds and other germs can be eliminated.

