



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

Results of the 278 youth participating in EFNEP:

- 95%** of 218 youth now eat a variety of foods.
- 95%** of 218 youth increased their knowledge of the essentials of human nutrition.
- 95%** of 218 youth increased their ability to select low-cost, nutritious foods.
- 95%** of 218 youth improved practices in food preparation and safety.

