



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

Results of the **834** youth participating in EFNEP:

85% of 605 youth increased their ability to select low-cost, nutritious foods.

85% of 307 youth improved practices in food preparation and safety.

83% of 605 youth now eat a variety of foods.

77% of 605 youth increased their knowledge of the essentials of human nutrition.

4-H EFNEP Success

The absentee rate of students in Halifax County had increased due to illnesses. Normally, children stop the spread of germs by covering their mouths with their hands. Partnering with various public schools in Halifax County the 4-H EFNEP Program Assistant presented a hand-washing lesson from Read Me a Story. The lesson, Cowbuzzzz, teaches children the importance of mechanical actions and the use of soap and water. During the lesson the children participated in an activity that used Glo-Germ and a black light to show where germs remained on their hands and even the surfaces they touched after washing. Surprised at the amount of germs not washed away, the children washed their hands again, practicing the proper techniques. As a result, teachers have reported that the children are washing their hands during school without being told to eliminate the spread of germs and the absentee rate has decreased.

