



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

Results of the **246** youth participating in EFNEP:

46% of 246 youth increased their ability to select low-cost, nutritious foods.

46% of 34 youth improved practices in food preparation and safety.

43% of 246 youth increased their knowledge of the essentials of human nutrition.

20% of 246 youth now eat a variety of foods.

4-H EFNEP Success

During the summer months, Teresa Morris of Lenoir County, North Carolina taught youth EFNEP classes, but unknowingly also taught adults through the children in her classes. Each week one of Mrs. Morris participants went home and shared what she had learned with her mother. She taught her mother what the family should be eating at home and even accompanied her mother to the grocery store to help choose more nutritious foods based on what she had learned in class about the food groups. This participant's mother came to one of the classes and told Mrs. Morris how much her daughter had learned and what her daughter had taught her about healthier eating habits. She then thanked her for doing the classes and asked if it would be possible to offer adult classes at her church because she felt they would benefit from learning this food buying, food preparation and nutrition information.

