



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

Results of the **229** youth participating in EFNEP:

80% of 148 youth increased their ability to select low-cost, nutritious foods.

80% of 148 youth improved practices in food preparation and safety.

78% of 148 youth now eat a variety of foods.

72% of 148 youth increased their knowledge of the essentials of human nutrition.

4-H EFNEP Success

4-H EFNEP Nutrition was offered for the first time to students at the Charter School in Pamlico County. Sherry Howlett, an EFNEP Program Assistant, discovered during the first class that there were a few students in each grade that had transferred from the public school where she had taught 4-H EFNEP classes for the last couple of years. Those students not only recognized Mrs. Howlett, but knew why she was there. A couple called her the “nutrition lady”, some the “health lady” and one boy said, “you’re the GERM LADY!!”

The students who were in previous nutrition classes recognized the “MyPyramid For Kids”, knew all the food groups, and remembered how many seconds they needed to wash their hands to get rid of those mean, nasty, invisible germs. Mrs. Howlett was impressed at how eager they were to answer questions and volunteer to participate in the hands-on activities. It was obvious that these students retained a lot of what they had learned through participating in the 4-H EFNEP classes the previous year.

