



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

Results of the **1780** youth participating in EFNEP:

- 93%** of 659 youth increased their knowledge of the essentials of human nutrition.
- 84%** of 659 youth now eat a variety of foods.
- 82%** of 659 youth increased their ability to select low-cost, nutritious foods.
- 82%** of 659 youth improved practices in food preparation and safety.

4-H EFNEP Success

One of the primary ways that germs, viruses and bacteria are spread is by the human hand. Often this is done unconsciously. Marie Andrews, Program Associate for 4-H EFNEP in Wayne County provides summer programs for the Hispanic youth as part of the county's outreach program. Students in her program were excited about the lesson she taught on sanitation. They were especially interested in the hand washing demonstration using the black light and Glo Germ lotion. This allowed them to see how germs are spread and how to properly wash their hands. They were first asked to show Mrs. Andrews how they normally wash their hands, then learned the proper way to wash their hands. The children learned that when they touch their face, glasses, clothes, and other surfaces even when they don't realize it, they could be picking up or spreading germs. When the students returned the next week; they demonstrated how they washed their hands and shared several examples of seeing other people who did not during the past week.

