

# EFNEP SUCCESS STORIES

## 2014 NC Cooperative Extension Congressional District 1

Serving Bertie, Chowan, Craven, Durham, Edgecombe, Franklin, Gates, Greene, Halifax, Hertford, Lenoir, Martin, Nash, Northampton, Pasquotank, Perquimans, Pitt, Vance, Warren and Wayne counties

### 4-H EFNEP Classes Result in Vegetable Soup Day for Local School

The *Dietary Guidelines for Americans*, 2010 encourage Americans, including youth, to increase their consumption of fruits and vegetables. Individuals are encouraged to “eat a variety of vegetables, especially dark-green and red and orange vegetables.” Fruits and vegetables are sources of many under-consumed nutrients and consuming fruits and vegetables is associated with a decreased risk of chronic disease.<sup>1</sup> Vegetables benefit kids in many ways, including improved nutrition, decreased obesity, and better performance at school, but most children do not eat the recommended serving amount.

The 4-H Expanded Food and Nutrition Education (EFNEP) Program Assistant in Halifax County partnered with Hollister Elementary to offer lessons from the curriculum, Show Me Nutrition. The lessons include creative recipes to increase consumption of fruits and vegetables, encourage healthier food choices, and provide fun ways to increase daily physical activity.

During the fruits and vegetables lesson, the program assistant read the story, *Who Grew My Soup?* The story is about a little boy who refused to eat his soup until someone could tell him who grew the vegetables in it. After reading the book, students learned about the variety of fruits and vegetables available, especially those grown locally in North Carolina. To reinforce eating those vegetables, the program assistant led the youth in an activity where they practiced creating a pot of soup with pictures of vegetables they colored.

The youth were so inspired by the children’s story and subsequent activity that they asked their teachers to allow them to create a real pot of soup to share with the school community. Together, the teachers, parents, and youth created Vegetable Soup Day. Parents and students brought in their favorite vegetables and helped prepare the soup. The entire school community joined in the activity and enjoyed the soup. Because of its popularity, Vegetable Soup Day has become a new tradition at the school.

4-H EFNEP in Halifax County continues to help improve the health and well-being of its youth and community.

1. <http://www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>

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United States Department of Agriculture  
National Institute of Food and Agriculture



### Teachers Choose 4-H EFNEP as Most Effective Resource for Students

According to the Data Resource Center for Child & Adolescent Health, 31.4% of youth 10-17 years old in North Carolina are overweight or obese.<sup>2</sup>

During the school year 2013-2014 Edgecombe County 4-H Expanded Food and Nutrition Education Program (EFNEP) Program Assistant worked with Princeville Elementary School to provide a six-week series of nutrition lessons to 302 students (K-5 grades). The program provided youth with the tools to enhance their knowledge regarding basic nutrition and physical activity. Participants were introduced to “new foods” such as “whole grains.” 4-H EFNEP sessions taught students the importance of MyPlate, food safety, physical activity, and portion control.

4-H EFNEP made a strong impression in the school with both the students and the staff. According to Assistant Principal, Annette Walker, when teachers were asked to select the most effective and best resources provided to their students, 4-H EFNEP was chosen. The staff stated that the children looked forward to the classes and have shown positive behavior changes, such as bringing more fruits and vegetables to school as snacks instead of candy, chips and cookies. The teachers also noticed the students drinking more water.

*EFNEP helps address the challenges limited resource families face when introducing healthy changes through nutrition education, cooking classes, exercise strategies, and shopping on a limited budget.*

2. <http://www.childhealthdata.org/browse/survey/results?q=2415&r=35>